



AGAWAM

Advertiser News

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Agawam Public Library
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Agawam MA 01001-2177

"Your Hometown Newspaper"

Volume XXIII Number 10

March 9, 2000



AGAWAM FIREFIGHTERS practicing their life-saving skills: in left photo — Lt. Donald Pisano and firefighter Pamela Murphy with a mannequin; in right photo — firefighters Pamela Murphy and David Spafford performing a training exercise. Advertiser News photos by Kathy Shepard.



WHEN AN ACCIDENT ON SPRINGFIELD STREET IN AGAWAM resulted in some injuries and damaged vehicles, Agawam's police, fire, and emergency crews were on the scene right away. Advertiser News photo by Kathy Shepard.

Firefighters Hone Skills In Soon-To-Be Demolished House

by Kathy Shepard
Feature Editor

Agawam firefighters were recently given an opportunity to brush up on several life-saving skills, using a house scheduled to be demolished. Owner Fred Pajer gave permission to Agawam firefighters to use the house for exercises such as laddering skills, use of power equipment for verticle venting, search and rescue in thick smoke, and use of an aerial ladder.

Inside the house, the non-toxic smoke simulated conditions like those in a real fire, taking away visibility of objects just a few feet away. The firefighters were able to practice search and rescue with one of their two thermal imaging units (devices capable of assisting in locating persons using the heat of the body to project an image on the screen of a small, hand-held unit).

Lt. Donald Pisano conducted the drill and told us, "Everyone who participated did a great job. The drill was a success. It is because of the generosity and thoughtfulness of people like Mr. Pajer that our department is able to get practice in these skills."

Deputy Fire Chief Stephen Martin added, "Exercises like these enhance knowledge gained in the classroom. Fire are down nationally, as well as in Agawam, due to education, awareness, smoke detector, and sprinklers. On the other hand, the tragedy of death due to fire is still all-too-frequent."

Participating in the exercises were Lt. Larry Grady and his crew — Ronald Giordano and Douglas Cesan; and Lt. Alan Boissonneault and his crew — Mark Yacovone, Pamela Murphy, B.J. Calvi, and David Spafford.

First Group Of Year 2000 Motor Vehicle Excise Bills Mailed Out

The first group of calendar year 2000 motor vehicle excise bills for the Town of Agawam was mailed on March 3, 2000. This is the first commitment received from the Registry of Motor Vehicles for 2000 and includes over 22,000 bills.

This represents about 70 percent of the motor vehicle excise bills to be assessed for calendar year 2000. Commitment number 7 for 1999 was also mailed on March 3rd. In all, a total of over 24,000 bills were mailed.

Unlike locally assessed real estate and personal property tax bills, all motor vehicle excise bills are prepared by the Registry of Motor Vehicles based upon information on the vehicle registration.

The following is excerpted from "Motor Vehicle Excise Information," published by the Citizen Information Service of the Secretary of State's Office.

"According to Chapter 60A, Section 2 of the Massachusetts General Laws, 'Failure to receive notice shall not affect the validity of the excise.' A PERSON WHO DOES NOT RECEIVE A BILL IS STILL LIABLE FOR THE EXCISE PLUS ANY INTEREST CHARGES ACCRUED." It is important to have the correct mailing address on the vehicle registration. If a taxpayer's excise bill has not been delivered by March 12, 2000, he or she may call the Collector's Office at 786-0400, extension

218 to inquire if the bill was included on this Registry of Motor Vehicles excise commitment.

The motor vehicle excise is payable IN FULL on April 6, 2000. IF NOT PAID, A TAXPAYER'S REGISTRATION AND DRIVER'S LICENSE MAY NOT BE RENEWED. In addition, if payment is not made by the due date, interest at the rate of 14 percent will be charged on the amount of the payment that is unpaid and overdue. Interest is computed on overdue motor vehicle excise payments from the due date to the date payment is made.

PAYMENTS ARE CONSIDERED MADE WHEN RECEIVED BY THE COLLECTOR. Detailed payment and abatement information is printed on each motor vehicle excise bill. Any additional questions on payments should be addressed to the Collector's Office.

TAXPAYERS SHOULD NOT IGNORE THE BILL, EVEN IF THEY HAVE MOVED OR THE VEHICLE HAS BEEN SOLD OR TRADED. The motor vehicle excise bills contain information regarding requirements for abatements which is printed on the bottom of the bill. In addition, an application for abatement is printed on the back of the bill. This should make it easier for taxpayers who seek refund or abatement.

Any additional questions as to how to file for a refund or abatement should be addressed to the Assessor's Office at 786-0400, ext. 258.

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 23, 2000 at 6:45 P.M., for all parties interested in the petition of Six Flags of New England who is seeking a Special Permit in accordance with Section 180-II of the Zoning Ordinances which would allow for the creation of an "overflow parking area" on park property at the premises identified as: 1822 Main Street.

Ronald A. Hebert
Chairman

Published: March 9, 2000

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 16, 2000 at 6:50 P.M., for all parties interested in the petition of Donald Vermette who is seeking a Special Permit in accordance with Section 180-7 Paragraph B of the Zoning Ordinances which would allow for construction of an Auto Body Repair business at the premises identified as: 223 Garden Street, Feeding Hills, Massachusetts.

Ronald Hebert, Chairman

Published: March 9, 2000

LEGAL NOTICE

Legislation On Outpatient Mental Health Services

Senate Majority Leader Linda J. Melconian (D-Springfield) is pleased to announce that the Senate has passed legislation mandating that insurers include the services of rehabilitation counselors as part of their outpatient mental health services. Rehabilitation counselors help individuals overcome the non-physical barriers that keep them out of the workforce.

"Too many people who want to work are denied that opportunity because of impediments that can be overcome with the help of a rehab counselor," said Melconian. "Whether the problem is a mental disability or the inability to work a traditional eight-hour day, rehab counselors can work with individuals and potential employers to find meaningful and appropriate employment."

Rehabilitation counselors provide vocational opportunities to individuals with a broad range of diverse needs. Victims of industrial accidents often need support to deal with the mental trauma of returning to the job in which they were injured or need expert assistance in finding a new job appropriate to their needs.

Individuals who suffer from mental disability often rely on rehabilitation counselors to coach them for a few days until they reach a comfort level where they can successfully perform their jobs. Counselors also help individuals that have problems with substance abuse, mental illness, or who have never held jobs before.

The Senate passed legislation, Senate bill 716, "An Act Improving Access to Rehabilitation Counseling" on Tuesday, February 29, 2000. The legislation requires that the services of rehabilitation counselors be offered as part of the \$500 outpatient mental health benefit that all insurers are mandated to provide.

"The Senate has always been a leader in job creation and retention for the workers of the Commonwealth," said Melconian. "Rehab counselors find jobs for people who would otherwise not be working. That service is a huge benefit to those workers and to society as a whole."

The Senate bill now awaits action in the House of Representatives.

SCOTT M. HIBBERT

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786-8471

Feeding Hills Center

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MARCH Madness

MARCH WINE SPECIALS

Franzia (5 Ltr. Box) Chardonnay, Merlot, White Zinfandel, Cabernet \$10.99 Chablis, Burgundy, Rhine, Blush, White Grenache \$7.49	Woodbridge (1.5 Ltr.) Merlot, Cabernet, Chardonnay \$10.99 White Zinfandel, Sauvignon Blanc \$8.99	Carlo Rossi (4 Ltr.) All Flavors \$7.49
Gallo Livingston Cellars (3 Ltr.) Cabernet, Merlot, Chardonnay \$8.99	Kendall Jackson (750 ml.) Chardonnay - \$10.99 Cabernet - \$12.99 Merlot - \$12.99	Jacob's Creek (750 ml.) Chardonnay - \$5.99 Merlot - \$6.99 Cabernet - \$6.99

MARCH LIQUOR SPECIALS

Absolut Vodka (1.75 Ltr.) \$24.99	Bailey's Irish Cream (750 ml.) \$15.99	Crown Royal (1.75 Ltr.) \$32.99	Seagram's 7 (1.75 Ltr.) \$14.99	Cutty Sark (1.75 Ltr.) \$22.99	J & B (1.75 Ltr.) \$28.99	Seagram's Gin (1.75 Ltr.) \$13.99
Kahlua Combos - 4 Pk. Sombrero, Mudslide, Toasted Almond, White Russian, B-52, Bushwacker 2 For \$8.99			Jack Daniels - 4 Pk. Lynchburg Lemonade, Down Home Punch, Tennessee Tea, Blackberry Jack, Watermelon Spike, Hurricane Punch, Wild Berry Jack \$3.99		Bacardi Breezers - 4 Pk. Calypso Berry, Key Lime, Watermelon, Bahama Mama, Pina Colada, Strawberry Daiquiri, Purple People-Eater, Applelicious \$3.99	

MARCH BEER SPECIALS

Miller Lite (30 Pk. Cans) \$16.99	Coors Xtra Gold (30-Pk. Cans) \$11.49	Killian's Irish Red (12-Pk. Btls.) \$9.99	Rolling Rock (12-Pk. Btls.) \$7.99	
Longtrail Ale (12-Pk. Btls.) \$10.99	Guinness Pub (8-Pk. Cans) \$9.99	Harp (12-Pk. Btls.) \$10.99	Beamish (4-Pk. Cans) \$4.99	J.W. Dundee Honey Brown (12-Pk. Btls.) \$6.99

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WESTFIELD
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MRS. PHIPPS
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Letters To The Editor

Lou Conte Is A Wonderful Resource For Our Town

To The Editor:

I know that other parents, whose daughters have had the privilege to play basketball for Lou Conte, will agree with the sentiments expressed in this letter. I thought it important, however, to enlighten others as to what a wonderful resource Lou Conte is for our Town.

His coaching prowess has been well-documented by Dave Rollins of The Agawam Advertiser News and others: 250-plus wins, nine league champions, and three Western Mass. titles. Many who closely follow girls' basketball in Western Massachusetts will argue that this past season was one of his best efforts ever.

With 10 pretty good athletes, but no real stars, and a starting five usually a head or more shorter than the opposition, he won 11 games against some of the best competition in the State. Many of the victories were decided in the last few seconds, when his intense sideline presence seemed to will his players onto second and third efforts.

To the uninitiated, the sight of young women throwing themselves on the floor and knocking over their opponents to get to a loose ball can be unsettling. For Conte's Brownies, it's business as usual.

In my judgment, however, Lou Conte's real value to our community lies not in his development of basketball players, but rather in his development of young women into good citizens. Each year, he is able to reach different groups of teenagers at a stage in their life when they are frequently unreachable by adults, including their parents.

His daily practices deal not only with basketball skills, but also with life skills. He continually impresses on his players that they are role models for the younger girls coming behind them — that "little eyes" are constantly on them, and that they are expected to adhere to an appropriate standard of behavior.

One never hears of Lou Conte's players in trouble in school or elsewhere. I have become convinced that this is due, in large measure, to their profound respect for him and their absolute fear of disappointing him.

Repeatedly, over the last three years, I have been approached by strangers both in Agawam and in other towns, who have sought me out to tell me how fortunate I am to have a daughter playing basketball for Lou Conte. I agree, and I know that she is a better person for the experience.

Gary P. Shannon
Feeding Hills

A Card Of Thanks From The Family Of George R. Bernier

To The Editor:

We, the family of George R. Bernier, acknowledge with great appreciation your kindness and sympathy during this most difficult time.

The cards (sympathy, prayer, and Mass), the flowers and plants, the food, the fruit baskets, the beautiful memories of George in your letters, the calls, the donations, and all the bits of sharing, meant so much to us.

The power and strength of love often lies within one small act of kindness.

Our deepest gratitude,
Patti, Dori, Debbie, and Chris

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

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Ronald A. Hebert, Chairman
Published: March 9, 2000

In Praise Of Agawam High School's Winter Sports Teams

To The Editor:

Congratulations to all the Agawam High School winter sports teams — the girls, the boys, and all the coaches. Regardless of the standings, having fun and displaying excellent sportsmanship is what counts!

Thank you very much to the parents, relatives, friends, and volunteers who came out to the events. Your support and enthusiasm was the best in the world!

Very truly yours,
Clyde E.P. Benton
Feeding Hills

"Lily Of The Valley" To Close Its Doors On March 31st

To The Editor:

Dear Family & Friends:

I am writing you today to inform you that I will be closing "Lily of the Valley song 2:1 Distinctive Flowers & Gifts" as of March 31st.

Thank you for your patronage. I regret that I will no longer be able to serve you on a day-to-day basis, although I will continue to do weddings and custom silk arrangements and wreaths from my home.

I appreciate everyone of you and all the business, encouragement, and good will you have brought my way.

If I can be of any assistance to you, please feel free to call me at home after March 31st (739-4402). (Clearance sales begins March 14th.)

Once again, thank you and may God abundantly bless you,

Mariann C. Bishop

Agawam Ski Parents Thank Businesses For Their Support

To The Editor:

The Agawam Ski Parents Association would like to thank the following businesses for their participation in the 1999-2000 Agawam Ski Saver Card:

E.B's, Malone's, Friendly's, Riverside, Alvins, McDonald's, Unlimited Lengths, Valenti's Restaurant, Golden Nozzle Car Wash, Letalien Jewelers, Competitive Edge, Partners, Stan's Soft Serve, Fenton's, and Cooks in the Kitchen.

Their generous discount offers and willingness to support the students of our community is greatly appreciated.

Special thanks to all the citizens who purchased and/or sold cards to help make the 1999-2000 Agawam Ski Saver Card a tremendous success. Your continued support is truly appreciated.

Due to popular demand, the new and improved 2000-2001 Agawam Ski Saver Cards will be on sale starting May 15th. Watch The Advertiser News for further information.

The Agawam Ski Parents Association

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * *

FireWise...

by Fire Chief David Pisano

Fire Safety Tips For Senior Citizens

If you are age 65 or older, you are your own best insurance against fire and burn injuries. Fire safety isn't just for children because (like children) older Americans are at a greater risk of being injured or killed from fires or burn injuries than other adults. The Agawam Fire Department encourages you to take some time to look for and correct fire hazards around your home.

Make sure you have at least one working smoke detector on each level of your home. They should be tested once a month, and the battery should be changed annually.

Have an escape plan. Know two ways out of every room in case fire or smoke block one way out. Remember, during a fire the breathable air is close to the floor, so crawl low under smoke. Once you get out, stay out and call the fire department (911) from a neighbor's. Keep your glasses and a flashlight by your bed.

If you smoke or have smokers in your home, extra precautions should be taken. Each year careless smoking is a major cause of fires. A lit cigarette that falls onto a bed or sofa can smoulder for hours. You should never smoke in bed or when lying down.

Make sure large, deep ashtrays are used and that all smoking materials have been extinguished completely. Dispose of butts in a metal container or douse with water before emptying into a trash can.

The kitchen is another area that can be very dangerous if certain precautions are not followed. Make sure your stove is clean and free of grease build-up. Keep flammables, such as towels and pot holders, away from the stove and oven.

Turn pot handles away from the front of the stove so they won't be knocked off or pulled down. If you're called away from the kitchen during food preparation, turn all burners off. If you have a stove fire, put a lid on it, turn off the heat, and let it cool.

Many fires are caused by home heating. You should have your heating system checked annually by a qualified professional. If you use portable electric or kerosene heaters, make sure they have at least three feet of clearance around them while in operation and always follow the manufacturer's instructions for their use.

Make sure you've insured your safety at home by knowing what to do in case of a fire. Contact the Agawam Fire Department at 786-2662 if you have any questions or need more information.

LEGAL NOTICE

LEGAL NOTICE

TOWN OF AGAWAM AGAWAM TOWN COUNCIL

The Agawam Town Council will hold a public hearing on March 20, 2000 at 7:30 p.m. at the Agawam Middle School, 68 Main Street, Agawam, MA on the application of Markowski Farm for a license to keep, store for personal use petroleum products in underground tanks or above ground not to exceed 10,000 gallons at rear south Main Street in the Town of Agawam, MA.

Richard M. Theroux, Town Clerk
Published: March 9, 2000

ADVERTISER NEWS



The Agawam Advertiser•News

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Regular School Committee Meeting Agenda For 3/14/00

1. Call to Order
2. Moment of Silence
3. Citizens' Speak Time
4. Roll Call of Attendance
5. Superintendent's Notes
6. Highlights on Education: Instructional Support Teams - by Elementary Principals
7. Old Business:
 - a. SCR-00-13: Adoption of Advanced Mathematics Textbook
 - b. SCROO-14: Adoption of Environmental Science Textbooks
8. Business Meeting
 - a. Routine Matters
 - 1) Approval of Minutes
 - 2) Calendar/Correspondence
 - b. Warrants/Transfers
 - c. Reports:
 - MCAS Test Results
9. New Business
10. Any other action which may legally come before the Committee
11. Adjournment

Agawam Historical Assoc. Seeks Artifacts For Museum Opening

In preparation for the anticipated Memorial Day 2000 opening of the Agawam Historical & Fire House Museum on Elm Street, the Agawam Historical Association is seeking donations of historically relevant items to add to their permanent collection.

Association president Rick Bellico says, "This is a very exciting time — the addition to the building has been enclosed and the interior work is well under way. We hope to be up and running this Memorial Day. We need to start thinking about exhibits and displays."

The association is very interested in donations of books, journals, diaries, letter, identified photos, and other artifacts pertaining to the development and history of Agawam and Feeding Hills. Fire memorabilia, especially from Agawam, is also welcome.

If you have a piece of Agawam's history that you would like to donate or display, please call Agawam Historical Association archivists Ann Bradford at 786-6835 or Ann Marie Liptak at 786-3031.

— ADVERTISER NEWS —

Veterans' Corner...

A Total Of 1,015 Went Down On The HMT Rohna, Including One Of Our Own

by Ruth C. Bitzas
Veterans' Agent — 786-0400, Ext. 236/237

Information provided by a family member: "On November 26, 1943, during WWII, 1,038 men perished when a British troopship, the HMT Rohna, was attacked from the air and destroyed in the Mediterranean Sea off the coast of Algeria. Two important but virtually unknown events occurred at that time."

It was the first successful "hit" of a merchant vessel at-sea carrying U.S. troops by a German remote-controlled, rocket-boosted bomb, thus giving birth to the "Missile Age," and it resulted in the greatest loss of troops (1,015) at sea in U.S. history. Combined with the loss of ship's crew and officers and three Red Cross workers, more lives were lost than on the USS Arizona at Pearl Harbor.

The "hit" was so devastating that the U.S. government placed a veil of secrecy upon it. The events which followed were so shameful that the secrecy continued for decades until recently, when documents were grudgingly released under pressure of the Freedom of Information act. The government still does not acknowledge this tragedy, thus most families of the casualties still do not know the fate of their loved ones.

In the late 1980's and early 1990's, after years of silence and trying not to remember, survivors finally began to tell their stories in local newspapers. One article came to the attention of CBS news commentator Charles Osgood. On his CBS Radio Network program of November 11, 1993, he made the following comments:

"Nobody ever wrote a book about what happened. Nobody made a movie or a television documentary. It just doesn't seem right that so many people should have died in the sinking of the Rohna and that so few people now remember. It's not that we forgot. It's that we never knew."

Agawam U.S. Navy veteran Frank I. Luccardi, T/5, went down on the HMT Rohna. His name is listed on the casualty monument on Veterans' Green and will be listed on our Honor Roll.

There are some very interesting stories of the sinking of the Rohna on the Internet written by survivors at:

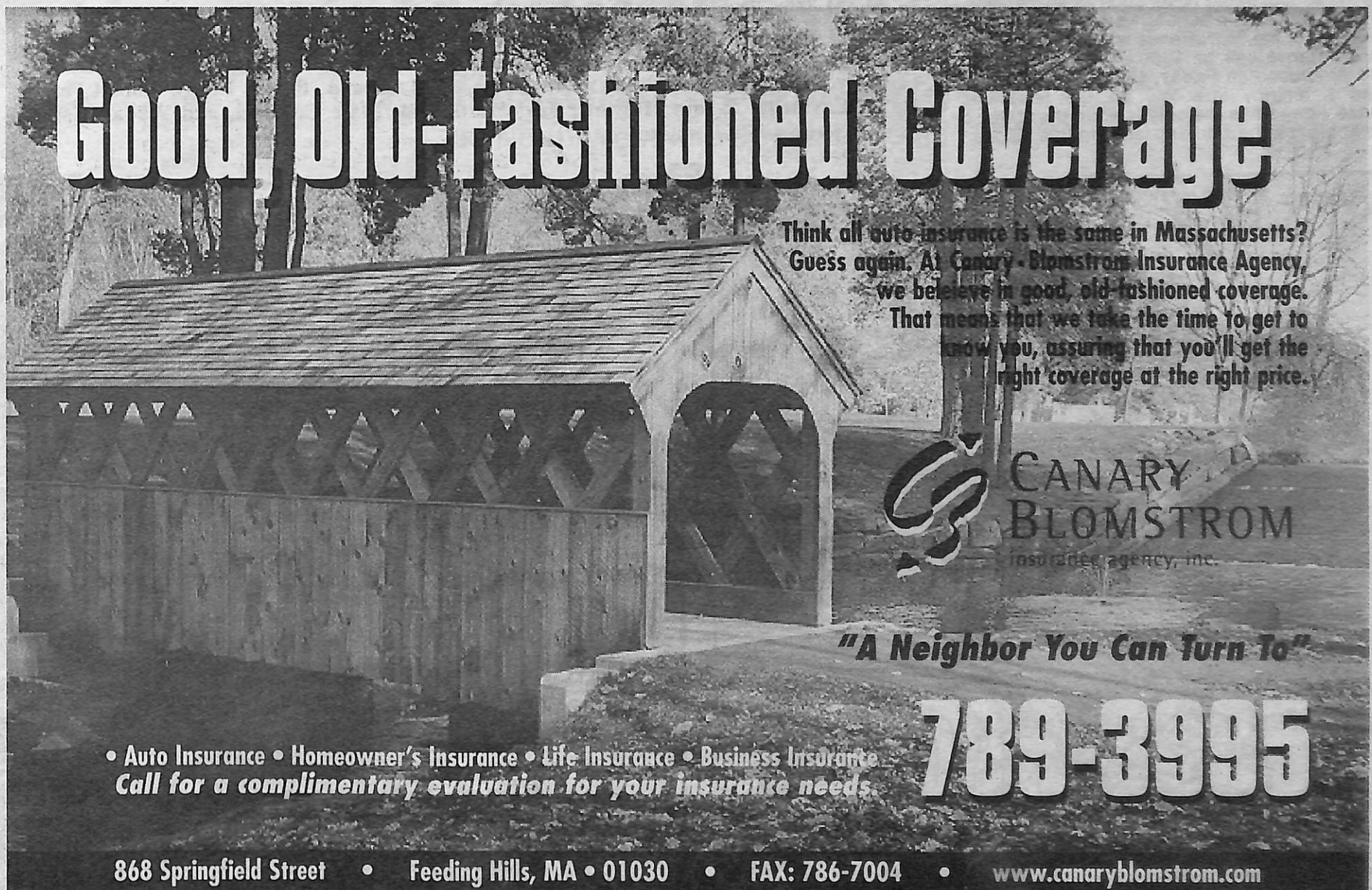
<http://www.livinghistoryonline.com/rohna-1.htm>
Remember, "freedom is not free"; it's veterans like Frank I. Luccardi that paid the price for us to live free in the United States of America!

RUTH C. BITZAS' "VETERANS' CORNER..." is a regular feature of The Agawam Advertiser News.

This week, we are publishing our Korean War list of Agawam Home of Record wartime veterans whose last names begin with the letters "R" and "S" and will be listed on the Honor Roll.

KOREAN WAR VETS — "R" & "S"

RACICOT, JOSEPH T.
RAMAH, FRED J.
RAMAH, ISAR F.
REGNIER, LAWRENCE E.
REGNIER, RICHARD R.
RESCIGNO, JOSEPH A.
RICKERT, WALTER M.
RISTAINO, MICHAEL, JR.
ROBERGE, ARMAND G.
ROBERTS, GEORGE H., JR.
ROBERTS, WILFRED
ROY, DONALD J.
ROY, NORMAN H.
SAFFORD, CLIFTON F., JR.
SAFFORD, WINFIELD E.
ST. PETER, ALBERT T.
SAGE, WESLEY J.
SARACINO, RAYMOND A.
SCHLAGEL, GEORGE J.
SCHMIDT, ROBERT J.
SCHMIDT, THOMAS E.
SCHWEIZER, HARRY, JR.
SCOTT, JAMES E.
SCOTT, JOHN R.
SCOVILLE, CLIFFORD C.
SEALANDER, ROBERT M.
SEIDELL, ROY L.
SEUSS, DAVID C.
SHELDON, RALPH R.
SHIBLEY, JOHN N.
SHIBLEY, PETER R.
SHIPWAY, LESLIE S., JR.
SMITH, CHARLES H.
SMITH, HOWARD A.
SOUTHWORTH, EUGENE C.
SOUTHWORTH, RICHARD C.
SPAGNUOLO, JERRY J.
SPENCER, SAMUEL M.
SPRING, WILLIAM H.
STEPANIK, HENRY
STEPANIK, RICHARD
STEPHENS, GEORGE R., JR.
SUBOTIN, STANLEY R.
SULLIVAN, RICHARD R.



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Officials "Deputized" To Enforce Smoking Ordinance In Schools

by Kathy Shepard
Feature Editor

Deputies were sworn in on Wednesday, March 1st, to enforce Town Ordinance 99-5, "an ordinance to amend Chapter 25 of the Code of the Town of Agawam to allow for non-criminal disposition of violation of the Board of Health Rules and Regulations."

According to state law, smoking is prohibited in any school building and on school grounds.

School Superintendent Dr. Frank Ameruoso summarized the situation: "Last year, the smoking problem at the High School was beyond reason, and a student representative asked for help from my office, the School Council, or the principal."

Monitors to attend the restrooms were considered, but Ameruoso suggested a task force to include a few School Committee members, a few students, the principal, and himself. Out of the options they considered, they pursued the idea of fining those smokers who were caught using tobacco on or in school grounds.

The School Committee went to the Board of Health to work out the logistics and legalities, and it was left to the School Committee to decide how to enforce the ordinance, which has led to the deputization of those who would issue citations.

Those deputized are the school district's principals, assistant principals, Athletic Director Kathleen McSweeney (only at athletic events), and Agawam police officers as "ex officio" deputies.

"We are enforcing a state law," said Ameruoso. "I have explained to the deputies that if a smoking offense is reported to them or if they see someone smoking, they are to give the citations. But they are not being asked to go looking for trouble. This isn't a group of vigilantes."

Non-Criminal Tickets...

The tickets are printed up as non-criminal, stating that if a student is caught smoking, the fine can be paid to the Agawam Town Clerk. This is also an appeal process. The forms originally intended for us are generic and direct the appeal to Hampden County Division, but the correct procedure is to appeal through Agawam's Legal Liaison, Police Officer Stanley Chmielewski. Safety Officer Steve Draghetti and Chmielewski were meeting with Ameruoso to prevent misunderstandings regarding where to send an appeal.

Another option for the "busted" student is to choose to undergo a smoking cessation program, involving approximately 20 hours working with someone certified to run such a program. If the student elects to do this, it would remove any sanctions the school might have, such as suspension. "We want our kids in school," said Ameruoso.

The fine for the first offense will be \$25, and the second offense will be \$100. Associated Press called Ameruoso on Friday, March 3rd, and conducted a lengthy interview on the telephone because Agawam is the only town in the state so far to approach the smoking issue in this manner.



DR. FRANK AMERUOSO, Superintendent of the Agawam Schools, holds one of the proposed citations that will be handed out to individuals who are caught smoking or have been reported smoking in school buildings or on school grounds. Advertiser News photo by Kathy Shepard.



ON WEDNESDAY, MARCH 1ST, Agawam Town Clerk Richard Theroux (far right) swears in school officials who have been deputized to enforce the no-smoking ordinance in school buildings and on school grounds. These "deputies" include School Superintendent Dr. Frank Ameruoso, Athletic Director Kathleen McSweeney and the principals and assistant principals of the various Agawam schools: Lou Conte, Paul Cavallo, Phyllis Lewis, Robert Farrell, Ralph Zavarella, Sandra Howard, Kevin Littlefield, Marc Costanzi, and William Sapelli.

Advertiser News photo by Kathy Shepard.

Now Open

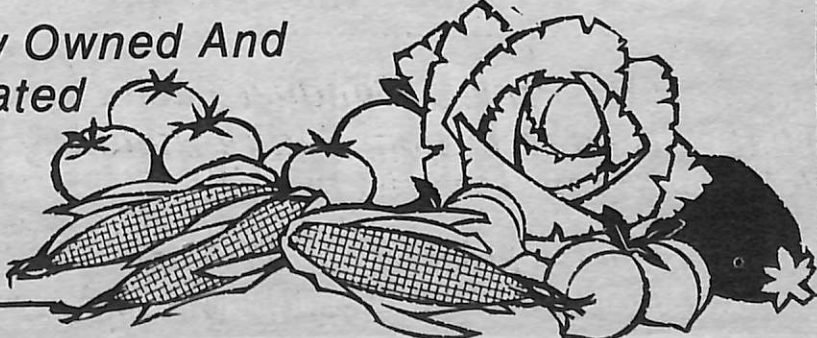
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we are closing...*

*We have Loved being
a part of your lives.*

Lily of the Valley

• Distinctive Flowers & Gifts •

303 Springfield Street, Agawam • 786-6944

**Final Clearance Sale
begins March 14th.**

— Agawam Obituaries —

Earl F. Provencher

Earl Francis Provencher, 73, of Simpson Circle, Agawam, died recently at home.

A well-known home builder in the Somers (Connecticut) area, he owned and operated August & Provencher Builders with his partner, the late Ralph August, for several years, and later operated E & H Builders with Henry Bugden. For the past 15 years, he was a carpenter for Control Module of Enfield, Connecticut.

Born in the Thompsonville section of Enfield, he lived in Somers for 20 years before returning to Enfield in 1976. He lived in Agawam for the past 10 years.

A Navy veteran of World War II, he served aboard several ships in the Atlantic Theater. He was a member of John Maciolek American Legion Post 154 and Patrick F. Triggs Veterans of Foreign Wars Post 1501 in Enfield.

He was a past president of the Somers Sportsmen's Association and a past member of the Somers Volunteer Fire Department and Knights of Columbus Council 50 in Enfield.

He leaves his wife of 53 years, the former Claire Leete; four sons, Michael of Somers, and John, Earl, and William, all of Enfield; a daughter, Karen Frantz of Agawam; a brother, Kenneth of Enfield; 11 grandchildren; and a great-grandson.

The funeral was held at Leete-Stevens Enfield Chapels and St. Patrick's Church, with a military burial in St. Patrick's King Street Cemetery, all in Enfield.

Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, P.O. Box 9058, Springfield, MA 01102; the American Cancer Society, 538 Preston Avenue, P.O. Box 1004, Meriden, CT 06450; or the Somers Sportsmen's Association, P.O. Box 261, Somers, CT 06071.

Georgiana Varelas

Georgiana (Poules) Varelas, 79, of Feeding Hills, died recently at home.

Born in Springfield, she lived there most of her life, having graduated from the former Springfield Trade High School. She moved to Feeding Hills four years ago.

She retired from the Sunshine Arts in East Longmeadow, where she worked in production. She was a locally acclaimed artist.

She was a member of the St. George Greek Orthodox Church in Springfield.

She was predeceased by her husband, Peter Varelas, in 1969.

She leaves her three sons, Nicholas of Springfield, Stephen of East Longmeadow, and Alexander of Huntington Beach, California; a daughter, Lucretia Ferioli of Agawam; three brothers, Nicholas and Peter Poules of Florida, and James Poules of Las Vegas, Nevada; two sisters, Julia Poules of Chicopee, and Joyce Kastrakis of Lenox; eight grandchildren; and one predeceased granddaughter.

The funeral was held at the Toomey-O'Brien Funeral Home, followed by a Mass at the church. Burial took place in the Oak Grove Cemetery.

Memorial contributions may be made to the Leukemia Society of America, 180 Rustcraft Road, Dedham, MA 02026.

Margaret M. Colter

Margaret M. (Moriarty) Delskey Colter, 81, of 17 Harvey Johnson Drive, Agawam, died recently at Baystate Medical Center in Springfield.

She was a medical assistant to Drs. Harry Tapp and David Williams, and a claims supervisor at Massachusetts Mutual Insurance Co. of Springfield for 20 years. She retired in 1980.

Born in Bethel, Vermont, she moved to Agawam from Morrisville, Vermont, in 1950.

She was a charter member of the Shaker Farms Country Club and a former member of the East Mountain and Springfield Country Clubs.

She was a communicant of St. John the Evangelist Church.

Her first husband, Paul E. Delskey, died in 1982. She leaves her husband, Richmond Colter; a son, Paul E. Delskey, Jr. of Feeding Hills; a brother, Harold Moriarty of Clearwater, Florida; five grandchildren; and a great-grandchild.

The funeral was held at Agawam Curran-Jones Funeral Home and the church, with burial in St. Mary Cemetery, Westfield.

Wilma M. Powers

Wilma M. (Holt) Powers, 69, of 712 South West Street, Feeding Hills, died recently at Baystate Medical Center in Springfield.

Born in Greene, Maine, she lived in Springfield for 32 years and moved to Feeding Hills in 1987.

She was a graduate of Erskine Academy in Vassalboro, Maine, and a long-standing member of Faith Bible Church in Agawam.

She leaves two sons, Daniel of Troy, New York, and Donald of Westfield; three daughters, Charlotte Trillo of Feeding Hills, Christine Whalen of Buffalo, New York, and Cheryl Powers of Springfield; a sister, Lyla Libby of Oakland, Maine; 13 grandchildren; and 10 great-grandchildren.

The funeral was held at Forastiere Family Funeral Home of Springfield and the church, with burial in Springfield Street Cemetery, Feeding Hills.

Memorial contributions may be made to the church building fund at 370 Shoemaker Lane, Agawam, MA 01001.

Marion T. Danio

Marion T. (Taylor) Davio, 75, of 39 Meadowbrook Manor, Agawam, died recently at Mercy Hospital in Springfield.

Born in Springfield, she lived there most of her life. She moved to Agawam in 1998.

She leaves five sons, Irving D. Jr. of Wilbraham, Robert R. of Longmeadow, Kenneth W. of Lodi, Wisconsin, William H. of Suffield, Connecticut, and Danny W.; two daughters, Terry D. Lecuyer of Sierra Vista, Arizona, and Mary B. Barker of Agawam; a brother, William H. Taylor of Springfield; two sisters, Hilda Borghi of Fort Myers, Florida, and Cora Jordan of Naples, Florida; 24 grandchildren; and five great-grandchildren.

The funeral was held at Hafey East Longmeadow Chapels, with burial at the convenience of the family in Longmeadow Cemetery.

Memorial contributions may be made to the Jimmy Fund Tribute Program, Dana Farber Cancer Institute, 1 Harvard Street, Brookline, MA 02146.

SEE OBITUARIES - Page 8...

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Charlie Grasso

Alexander's
Restaurant & Banquet
60 North Westfield Street, Feeding Hills

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786-1128

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*Featuring Scrambled Eggs, French Toast,
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Omelettes Made To Order, Ham & Turkey, Fresh
Fruit, Assorted Mini Pastries, And Bagels.*

(A Mimosa Or A Bloody Mary Is
Included In The Cost Of The Buffet.)

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For That Special Occasion You're Planning
(Weddings, Showers, Anniversary Parties, Etc.)*

Accommodates From 50 To 200 People

OBITUARIES - from Page 7...

Theodore Lockwood

Theodore Lockwood, 86, of Elmwood Center, Green Springs, Ohio, died there on Sunday, March 5th.

A well-known Western Massachusetts entertainer and bandleader, he sang and played saxophone with his Ted Lockwood Orchestra and appeared on the "Ted Lockwood Show" on WWLP-TV 22 in the 1950's.

He was a Connecticut state trooper based at the Colchester barracks, and also worked as a freight salesman in the trucking industry.

Born in the Hazardville section of Enfield, Connecticut, he lived in Agawam for most of his life before retiring to Florida. He moved to Ohio a year and a half ago. He was an Army veteran.

He was a former communicant of St. John's Church in Agawam and a member of the Springfield local of the American Federation of Musicians Union and the Agawam Civil Defense Unit. He was a ham radio operator.

His wife, the former Florence Taylor, died in 1982.

He leaves three sons, Charles E. of Kaiserslautern, Germany, T. Thomas of Feeding Hills, and Michael B. of Manchester, Connecticut; a daughter, Kathi LeDuc of Southwick; a sister, Isabelle Spanswick of Fort Pierce, Florida; 11 grandchildren; and 11 great-grandchildren.

The funeral will be held on Saturday morning, March 11th, at Agawam Curran-Jones Funeral Home, with burial in Thompsonville Cemetery in Enfield. Calling hours are scheduled for the late afternoon and evening of Friday, March 10th.

Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089, or the American Heart Association, 1111 Elm Street, Suite 9A, West Springfield, MA 01089.

Prudence J. Cawley

Prudence J. (St. Martin) Cawley, 72, of 85 Broz Terrace, Feeding Hills, died recently at an area nursing home.

She worked at Sears Roebuck & Co. in West Springfield for 30 years, and retired in 1989.

Born in West Springfield, she moved to the Agawam/Feeding Hills area in 1956.

She was a communicant of Sacred Heart Church.

Her husband, Bernard St. Martin, died in 1981.

She leaves two sons, Albert B. of Feeding Hills and Kevin L. of Henderson, Nevada; a daughter, Denise Rock of Springfield; a sister, Anita DeGray of West Springfield; and three granddaughters.

The funeral was scheduled for Thursday morning, March 9th, at Agawam Curran-Jones Funeral Home and the church, with burial in St. Thomas Cemetery.

Judy A. Buoniconti

Judy A. (Gunn) Buoniconti, 54, of 12 King Street, North Brookfield, died on Saturday, March 4th.

She was a rural letter carrier for 11 years.

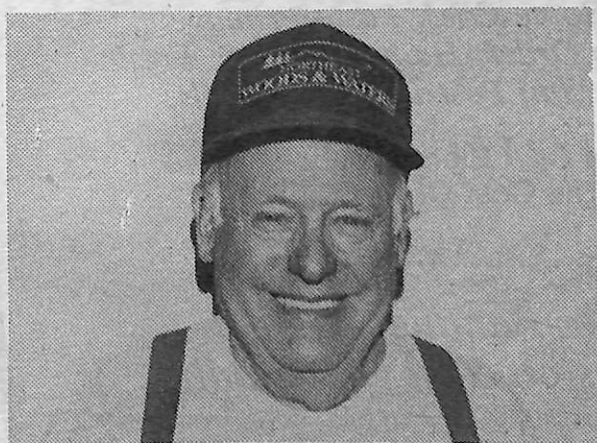
Born in Springfield, she lived in Agawam for 17 years before moving to North Brookfield in 1986.

She attended the former Springfield Trade High School and was a former member of St. John the Evangelist Church in Agawam.

She leaves her husband, Patrick E. Buoniconti; four sons, Stephen of Agawam, Anthony of Westfield, Nicholas of Southbridge, and Lance of Hubbardston; her father, Alfred Gunn of Hampton, New Hampshire; three sisters, Dorothy Buoniconti of Springfield, Carol Laverdiere of South Hadley, and Roxanne Brunetti of Chicopee; and five grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home of Agawam and in the church, with burial in Agawam Center Cemetery.

Memorial contributions may be made to Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

In Loving Remembrance**Bill Chiba**

9/30/23 — 3/12/96

Town's Open Burning Guidelines Established By Department Of Environmental Protection

The Department of Environmental Protection has designated January 15, 2000 through May 1, 2000 for open burning. Certain guidelines have been established and must be adhered to.

According to Agawam Fire Chief David A. Pisano, the Agawam Fire Department will issue and monitor each permit on a daily basis. Permits will only be issued weather permitting, and only to those locations meeting guidelines.

1. Burning of brush, cane driftwood, and forestry debris will be allowed.

2. No grass, hay leaves, stumps, paper products, trash of any kind will be allowed. CONSTRUCTION MATERIALS ARE STRICTLY PROHIBITED AT ANY TIME.

3. Burning shall take place between the hours of 10:00 a.m. and 4:00 p.m.

4. NO COMMERCIAL OR INSTITUTIONAL BURNING PERMITS WILL BE ISSUED.

5. Burning shall be at a location greater than 75 feet from any dwelling or structure.

6. Outside burning for cooking purposes is allowed.

7. NEVER USE GASOLINE TO START THE FIRE.

8. Someone must attend the fire until completely extinguished. Have water supply handy at all times.

ANY FIRE WHICH IS DETERMINED TO BE A HEALTH HAZARD OR NUISANCE, WILL BE REQUIRED TO BE EXTINGUISHED IMMEDIATELY.

All permits will be issued from Fire Headquarters, 800 Main Street, Agawam. The phone number is 786-2662.

PLEASE DO NOT USE THE "911" NUMBER TO CALL FOR PERMITS.

All the hometown news with us ... AAN!!!



Agawam Lions Club

Corned Beef And Cabbage Dinner

Wednesday

March 15th

5:00 P.M. To 7:00 P.M.



Agawam Middle School Cafeteria 68 Main Street

Adults: \$6.50 ... Children: \$3.50

Agawam Lioness Bake Sale, Too!!!

(All Proceeds To Benefit Lions Eye Research And Other Local Charities)

Stand Up And Cheer For Dear Ole Agawam!

The Agawam varsity cheerleaders would like to sincerely thank the Town of Agawam, its businesses, residents, families, and friends for their outstanding support and kind encouragement for our recent trip to the National High School Cheerleading Championships.



*We would like you to be our guests at
an exhibition performance of our
competition routine on:*

**Friday, March 17, 2000
AHS Gymnasium**

7:30 P.M. (Refreshments Served)

*We welcome anyone to join us.
There is no charge for this event.
Just the best way we know how to say*

THANK YOU!



Families

"Clean The Air TV Script Contest" For 9th-12th Grade Pupils

In an effort to help curb secondhand smoke, WWLP-TV22 and the Massachusetts Tobacco Control Program are inviting students in grades nine through 12 from Hampden County and the surrounding areas to submit 30-second television scripts for the "Clear the Air Television Script Contest."

To be eligible, individual students must write an original 30-second television script focusing on the harmful health effects of secondhand smoke. In the public service announcement, parents, adults, or friends are encouraged not to "light up" in the presence of non-smokers. Completed scripts should be mailed to "Clear the Air," 22News, P.O. Box 2210, Springfield, MA 01102-2210. Scripts may also be submitted via the Internet at www.wwlp.com. All scripts must be received by April 15th.

Four winning scripts will be selected by May 8th. Each winner will receive a pair of season passes to Riverside Park, and each winner's Parent-Teacher Organization will receive a \$500 donation courtesy of WWLP. Producers at WWLP will work with the winners to prepare their scripts for production. The winning students will also be invited to participate in the production process. The winning public service announcements will air on WWLP in July and August.

In order to create a talent base for the winning television spots, open auditions will be held on Saturday, May 20th at WWLP's studios in Chicopee.

John Baran, WWLP's Vice President of Promotion and Production, said, "We are very hopeful that parents and teachers will encourage students to participate in this exciting opportunity. It allows both students and adults to think about the harmful health effects of secondhand smoke, plus it enables students to become more involved and more aware of television as a powerful medium in communicating a message."

Raymond Lewis, Director of Springfield's Health and Human Services Tobacco Control Program, stated, "Often times, youths have no control over their exposure to secondhand smoke. This script writing competition gives students an opportunity to voice their opinions in their own unique ways."

Polish Genealogical Society Of MA To Meet March 23rd

An open meeting of the Polish Genealogical Society of Massachusetts will be held on Thursday, March 23rd, at 6:30 p.m. at the Jones Library Lower Level Meeting Room in Amherst.

The speaker will be Jean Nudd, career archivist of the National Archives and Records Administration (NARA). She will present an illustrated talk entitled "Using NARA For Research."

At 5:15 p.m., Curator Peter Nelson will conduct a highly recommended tour of significant genealogical holdings and research equipment in the Special Collection & Genealogical Room on the Third Floor.

A question-and-answer period will follow both events. New acquisitions will be on display. The meeting is free and open to all; bring a friend!

The Jones Library is located at 14 Amity Street, just off North Pleasant Street in the center of town. Strictly enforced public parking is located across from the Library at 25 cents per hour before 6:00 p.m.

Call (413) 586-1827 for more details.

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Proceeds From 1999 CROP Walk...



CANDY BOUCHARD (center), Executive Director of the Parish Cupboard, receives the proceeds from last October's CROP Walk from Walk Coordinators Rob Donaldson and Cassie Gilmartin.

Language Development Workshop On March 22nd At Agawam Library

The Agawam Library, with funding from the Community Partnership for Children Grant, will be host to "Express Yourself!" - A Language Development Workshop, Wednesday, March 22nd, from 6:30-8:30 p.m.

The Lakeshore Learning Materials Company will present this workshop. They will offer ideas and activities to help develop language skills in young children between the ages of three and five. Topics to be covered include creative self-expression, oral language development, increased self-esteem, and sensory development.

The format will demonstrate a variety of hands-

on, developmentally appropriate activities, props, and materials that help build language skills in young children. This workshop extends language development into all curriculum areas, including dramatic play, storytelling, science, art, math, music, and more.

Training certificates will be given to participants in this workshop. The program is free of charge and open to all preschool childcare providers, teachers, and concerned parents.

Registration is limited. Please call the library at 789-1550 to reserve a spot.

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Thurs. - Fri. 9-5

4 Washington Avenue Extension, Agawam

Activities Galore For Boy Scout Troop 78 Of Spfld. Turnverein

Boy Scout Troop 78 of the Springfield Turnverein continues with their busy schedule.

In January, during extremely cold weather, the Troop participated in the District Klondike Derby. They camped in the new Adirondack shelters for the weekend.

The Troop participated in Mass at Sacred Heart Church in Feeding Hills on February 6th for Scout Sunday.

To raise money for summer camp, the Venture Crew sponsored a Valentine's Day Dinner Dance. The boys organized and ran the event, which was very profitable.

During the District Banquet, two adults from the Troop were honored. Rob Skiba received "Scouter of the Year" for Troop 78. Bill Flanders received the District "Award of Merit" for Pioneer Trails District. This is awarded to an adult for involvement in district-wide activities.

Congratulations to both!

The Troop recently donated two Troop tee-shirts to the 104th Fighter Group Connecticut Air National Guard located at Barnes Airport. They were given as a thank-you for help with the Aviation Merit Badge.

During their February camping trip, the boys reviewed basic Scout skills and earned their Totem Chip if needed.

Many merit badges continue to be earned and awarded to the Scouts. Also, recently acknowledged for advancement were Tony Brignoli, Bill Bond, and Paul Pilegi for Life Scout, Joe McCarthy to First Class, and Rob MacNeil received his Boy Scout Badge.

Meetings are held on Tuesday evenings from 6:30-8:30 p.m. at the Springfield Turnverein. New members are always welcome.

For information, contact Scoutmaster Ray LaBorde at 789-0097.

Agawam Garden Club To Meet On Mar. 14th At The Leonard House

Heather Cupo, owner of a gardening business in Cummington, Mass., will be the guest of the Agawam Garden Club following its first meeting of the season at 7:00 p.m., March 14th, at the Captain Leonard House, Main Street, Agawam.

Heather has been involved in growing and propagating plants, as well as designing, installing, and maintaining outdoor spaces for 15 years. She specializes in outdoor container plantings using annuals, vines, and grasses.

After working for six to seven years as a grower and propagator for firms in North Pennsylvania and Maryland, Heather went back to school and earned a bachelor of science degree in landscape architecture from Temple University. She is a member of the Perennial Plant Association.

Five years ago, she and her husband moved to Massachusetts and to their current location two years ago. Her husband is a baker and there is a commercial bakery on their property, which Heather helps with. She started her gardening business, named Plant Euphoria, a year ago.

Refreshments will be served under the direction of Linda Lewis, Ann Duquette, and Susan Strycharz, hospitality chairpersons, assisted by a large committee.

Anyone interested in the program may attend for a \$2 guest fee.

Agawam Lions To Hold Corned Beef & Cabbage Dinner

On Wednesday, March 15th, the Agawam Lions Club will be holding a Corned Beef and Cabbage Dinner at the Agawam Middle School cafeteria (68 Main Street) from 5:00 p.m. to 7:00 p.m.

The cost is \$6.50 for adults, and \$3.50 for children.

In addition to the dinner, there will be a Bake Sale conducted by the Agawam Lioness.

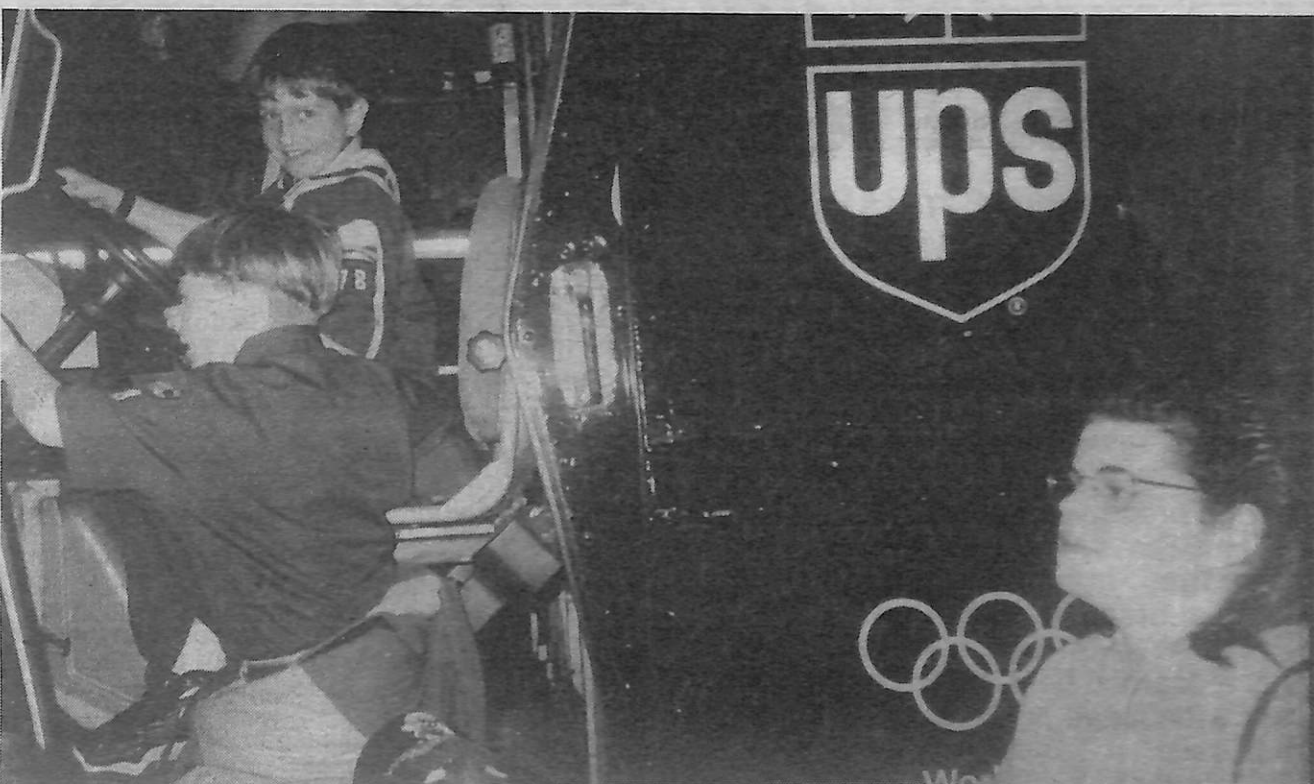
All proceeds from this event will be used for the benefit of Lions' eye research and other local charities.

For the best in local goods and services, check our classified ads each and every week...

Cub Scouts Visit UPS In West Side...



PACK 78/DEN 2 CUB SCOUTS from the Feeding Hills Congregational Church recently took a tour of the local UPS facility in West Springfield. **IN PHOTO BELOW:** In the driver's seat — Brian Birchenough grabs onto the wheel as Mikey Meunier checks out the controls.



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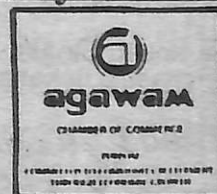
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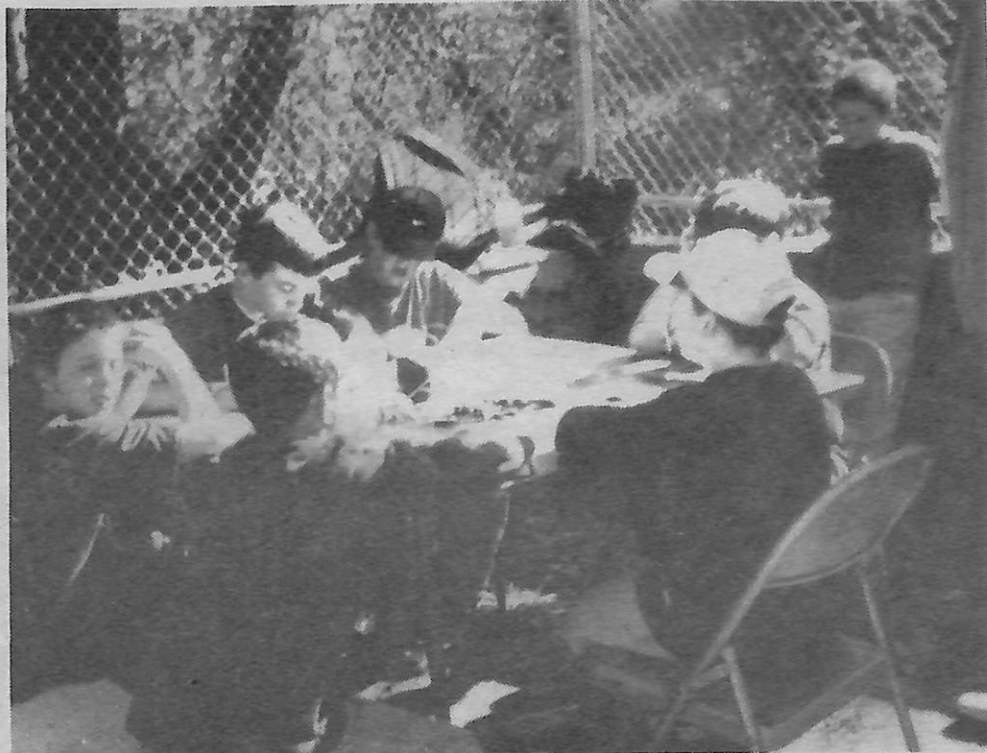
23 Southwick Street
Feeding Hills, MA



**Open Monday- Friday 8:30am to 5:00pm
Saturday 9:00am to Noon**

(413) 789-3070

"Happy Campers" At The Moses Scout Reservation...



LAST AUTUMN, boys from Pack 75, Troop 75, and Den 5 (sponsored by Sacred Heart Church in Feeding Hills) participated in a "Fall Campout" at the Moses Scout Reservation. IN LEFT PHOTO: Boys taking a break from their "Spy Game," in which they had to search for clues to determine the identity of the spy (who turned out to be Troop 75 Scoutmaster Ed Lacombe). IN RIGHT PHOTO: Den 5 Cub Scouts learning about the Morse code with the help of some Boy Scouts.

Ag. Senior Center's Weekly Lunch Menu

MONDAY, MARCH 13TH: Sweet & sour ribs, noodles, green beans, rye bread, baked apple.

TUESDAY, MARCH 14TH: Salisbury steak with gravy, rice Florentine, stewed tomatoes, whole wheat bread, Jello with fruit.

WEDNESDAY, MARCH 15TH: Stuffed shells with extra sauce, tossed salad, Vienna bread, ice cream.

THURSDAY, MARCH 16TH: Stuffed cabbage, mashed potatoes, corn, oatmeal bread, tropical fruit.

FRIDAY, MARCH 17TH: St. Patrick's Day — corned beef, boiled potatoes, carrots & cabbage, Irish soda bread, sham-rock cake.

(Menu subject to change without notice.)



P.O. BOX 238

AGAWAM, MA 01001

"Friends of the Agawam Senior Center" will hold their second Annual French Toast Breakfast on April 30th at the Agawam Senior Center.

There will be continuous serving from 8:00 a.m. until 12:00 noon.

The menu will consist of French toast, sausage, orange juice, and coffee, milk, or tea. Egg substitute will be available for those who can't have eggs.

"Friends" will be assisted by the Agawam Lions Club, whose members will do the cooking. This promises to be a very enjoyable morning with family and friends. We hope to see many of our friends and civic leaders come out for this event.

The tickets will be \$3 for adults and \$1.50 for children under 10.

Tickets may be purchased from any member of "Friends" or at the Senior Center.

AFS Students To Speak At Junior Women's Club Mtg.

The Agawam Junior Women's Club's March meeting will feature guest speakers of AFS students. The meeting will be on March 21st at 7:30 p.m., at the Captain Leonard House on Main Street.

The students will share stories and information of their countries and all are welcome to attend.

The Club's activities enrich the quality of life in our community through a variety of educational, social, and cultural projects and programs. Come to have fun, meet new friends, and get involved.

For more information, call Theresa Conklin at 786-6515. The Club meets the third Tuesday of every month at the Leonard House.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.



Agawam "Senior Games" Activities

The Agawam Senior Games Athletes will sponsor a trip to Mohegan Sun on Monday, March 20th. The price will be \$16 and will include gratuities.

Mohegan Sun will offer a \$15 meal ticket, and a \$10 free play on the Big Wheel. We are looking forward to a full bus, and a special day of fun with our friends.

We will leave the Senior Center at 8:00 a.m. sharp and arrive at Mohegan Sun at approximately 9:30 a.m. We will leave Mohegan Sun at 4:00 p.m. sharp, arriving home at approximately 5:30 p.m.

To obtain a ticket, please call Edie Chiba at 786-5539 or purchase a ticket at the Senior Center.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.



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M-F 9 A.M. - 9 P.M.

Sat. 9-4

Sun. 10-3

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* 7 Night Cruise From Boston To Bermuda

Norwegian Majesty, August 13, 2000. From \$949.00 per person double occ., plus tax. "Only 3 Cabins Left."

* Boston Duck Tour

May 7, 2000. \$49.00 per adult, \$39.00 per child under 12.

* New York Broadway "Saturday Night Fever"

April 30, 2000. \$115.00 per person.

* Fridays Are Disney Days!!!

Book your Land or Cruise Vacation and get a free gift.

Happy 100th Birthday, Ruth Russell!!!



ON FRIDAY, MARCH 3RD, Ruth Russell, a resident of Heritage Hall's North Building, enjoyed a party celebrating the occasion of her 100th birthday. IN LEFT PHOTO: Jim Harris played the guitar and sang many old-time favorite songs for those in attendance. IN RIGHT PHOTO: back row — Elizabeth Grazio (Ruth's niece by marriage), Paul & Judy Grazio (grandnephew & niece), Ron & Lynn Torrey (grandnephew & niece), and Gordon Loomis (nephew by marriage); front row — Shirley Houghon, Robert Houghon (nephew), "birthday girl" Ruth Russell, and Marion Loomis (niece). Advertiser News photos by Kathy Shepard.

Pioneer Valley Quilters To Present "Pieces Of Time" Quilt Show

Pioneer Valley Quilters will present their fifth Pieces of Time Quilt Show, Friday, March 24th from 5:00-9:00 p.m.; Saturday, March 25th from 10:00 a.m.-5:00 p.m.; and Sunday, March 26th from 10:00 a.m.-4:00 p.m.

The show will be held at the Colosseum Banquet House, 943 Memorial Ave., West Springfield. Admission is \$5 and \$4 for seniors.

Over 100 member quilts, a raffle quilt, antique quilts, and miniatures will be featured. Visit with our vendors. Buses welcome.

Fitness First Silent Auction To Benefit Children's Miracle Network

This week, Fitness First is hosting a Silent Auction to benefit the Children's Miracle Network at Baystate Medical Center. The auction is part of the health club's quest to reach their goal of raising \$25,000 for the CMN this month. Over the past 12 years, Fitness First has raised \$110,000 for the Children's Miracle Network.

All auction items are on display for viewing at Fitness First. Items include: a trip for two to the Bahamas (courtesy of Rock 102); a week vacation at a camp in Jackman, Maine (courtesy of The Last Resort); tons of luggage (courtesy of The Bag Man); two spa days at Canyon Ranch; an autographed Boston Bruins puck; an autographed

Phoenix Coyotes' hockey stick; an eight-week scuba course (courtesy of Wilderness Experiences); LEGO sets; passes to Six Flags/New England for opening day; a package of 15 Falcons hockey game tickets; a week at The Coach's Camp (courtesy of Lou Conte); two signed prints by famous artists; and many more items.

Auction bid sheets are available now through March 11th at 8:00 p.m. (when bids close). Interested bidders should visit Fitness First at 60 North Westfield Street in Feeding Hills to submit bids. Payment must be made on successful bids by March 13th. Checks should be made payable to "The Children's Miracle Network."

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PARTHENON

Pizzeria Restaurant

835 Suffield St. (Rte. 75), Agawam

16-Year Anniversary Celebration

Thank-You For 16 Wonderful Years. We Appreciate Your Business And The Confidence You Have Placed In Us. Hope We Continue To See You For Many More Years To Come.

Something For The Whole Family At Prices That'll Make You Smile...

*Daily Dishes Prepared To Perfection
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by Mary Ann Zicoella

Salon Tres Chic
At Twin Silos
1407 Suffield Street
Agawam, MA 01001
(413) 786-8274

Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

QUESTION: I think I would like to remove my acrylic nails. How do I safely do this, and how do I care for my natural nails so that they still look healthy?

ANSWER: Nail care is important after properly removing nail enhancements. First, to remove, soak the fingertips in pure acetone or use a remover product. This process could take some time, so be patient! Nails will be weak and may be soft or sometimes brittle, especially in the colder weather.

A weekly oil or moisture manicure is recommended in the salon for the first month, then bi-weekly after that. Nail care at home is very important and doesn't take much time at all. Soak nails in warm water. This can be accomplished while bathing or showering to save time.

Apply a good cuticle oil (we use Solor Oil by Creative Nails) to the nail and massage it into the nail and surrounding cuticle. Using an orange wood stick, gently push back the cuticle. Let this set about one hour. Next, remove excess oil from your nail with a cotton pad and water, then apply a nail strengthener. We suggest one without formaldehyde so as not to dehydrate the nail further (Nail Intensity by Creative Nail is one we use.)

Nail color can be applied over this application, but be careful not to change the polish too often. The polish remover can be drying to your already-fragile nails. Apply the cuticle oil nightly on your cuticles to keep them soft. A heavy-duty hand cream is suggested at bedtime (Neutrogena is my favorite), and apply a light, more absorbent cream for daytime use as often as possible.

Some quick tips:

Dry, flaky hands? Mix olive oil and sugar (not salt, too abrasive) together and rub gently over your hands for a nice, homemade exfoliant.

Yellow nails? Try soaking nails for about five minutes in peroxide, brush with nail brush, and wash with mild hand soap. Follow with oil treatment and hand cream.

Most women find that they miss their nails and end up with a new set. Our nail techs recommend a fresh set every six months if you wear acrylic nails for extended times. This ensures keeping the natural nail in a healthy state and looks especially nice if you like the popular French manicure with nothing but clear polish!

You can purchase Solor Oil and Nail Intensity in our salon. Our nail techs are trained to care for your special nail needs and can answer your questions, so give us a call or stop by. Melissa suggests a wonderful winter pedicure for those long-forgotten feet.

Thought for a smile: Hot towels out of the dryer. Remember... "Beauty is our Business!"



LISA J. DAVIES & JEFFREY RUDINSKI

**Lisa J. Davies
Engaged To Wed
Jeffrey Rudinski**

Lisa J. Davies, daughter of Janet Davies of Feeding Hills and the late David Davies, is engaged to wed Jeffrey Rudinski of Holyoke. The future bridegroom is the son of John Skroski of Whately and the late Linda Skroski and Mr. & Mrs. Richard Rudinski of Vermont.

The future bride is a 1990 graduate of Agawam High School. She graduated from Bridgewater State College with a degree in Communication Arts & Sciences in 1994 and graduated cum laude from American International College in 1999 with a Bachelor of Science in Nursing degree. She is a registered nurse at Hartford Hospital.

The groom-to-be is a 1990 graduate of Hampshire Regional High School and attended Western New England College. He graduated from the Agawam MCJTC Police Academy in 1996 and is currently employed as a police officer.

A December 2000 wedding is planned.

**AIC's Class Of 1950
To Hold 50th Reunion
From June 2nd-4th**

American International College will be holding its 50th year reunion for the Class of 1950 on June 2nd-4th.

Those who attended AIC in the late 1940's are also invited to attend. Events include a class dinner, lectures, picnic, a cruise on the Connecticut River, an English Tea, and more.

For more information, contact John DeBonville at (413) 747-6529 or contact the Office of Public Relations at (413) 747-6231.



R. ARTHUR JENKINS & JENNIFER ROBINSON

**Jennifer Robinson
To Become Bride Of
R. Arthur Jenkins**

Cynthia A. Robinson of Agawam proudly announces the engagement of her daughter, Jennifer, to R. Arthur Jenkins.

The bride-elect is a graduate of Agawam High School, the University of New Hampshire, and the University of Tennessee, College of Law. She is an attorney with the law firm of Stone & Hinds, P.C. in Knoxville, Tennessee.

Her fiancé is a graduate of the Webb School, Centre College, and the University of Tennessee, College of Law. He is an attorney with the law firm of Arnett, Draper & Hagood in Knoxville, Tennessee.

The wedding is planned for June 9, 2000.

* * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * *



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A Banner Donation...



THE AGAWAM HISTORICAL ASSOCIATION has received a banner from the Town's 1955 Centennial Celebration. The donor is Joseph Campbell of Agawam, who is pictured above with Anne Liptak, chairman of the Archival Committee. The Historical Association is actively seeking artifacts for the museum. Please call Ms. Liptak at 786-3031.

* * *

*All the local news with us,
each and every week...*

* * *

Ag. Historical Assoc. To Host West Side Soc. On March 29th

The Agawam Historical Association is pleased to announce its Winter/Spring 2000 Program and Schedule of Events.

All programs will take place on Wednesdays at the Captain Charles Leonard House, 663 Main Street, Agawam. Programs begin at 7:00 p.m., with refreshments following. The Agawam Historical Association welcomes all to its meetings and its membership.

Program Chair Marilyn Curry put a lot of thought into this year's schedule. "We designed this year's programs to appeal to a broad spectrum of history lovers. From the early days of the Pilgrims to the Civil War to more modern times during the construction of Quabbin Reservoir, we have a little something for everyone."

The association plays host to West Springfield's Ramapogue Historical Society on Wednesday, March 29th. Dennis Picard speaks on the role of the ironclad *U.S.S. Agawam* during the Civil War. This interesting presentation is a must-see for all Civil War buffs.

The Agawam Historical Association will hold its Annual Meeting on Wednesday, May 24th. A modest fee will be charged for this meeting, as a catered buffet will be offered. Following a short business meeting, noted author J.R. Green will speak on Dana, Enfield, Prescott, and Greenwich—the four towns lost in the creation of the Quabbin Reservoir.

Additional information will be available nearer the dates of these programs. The Agawam Historical Association hopes you can attend.

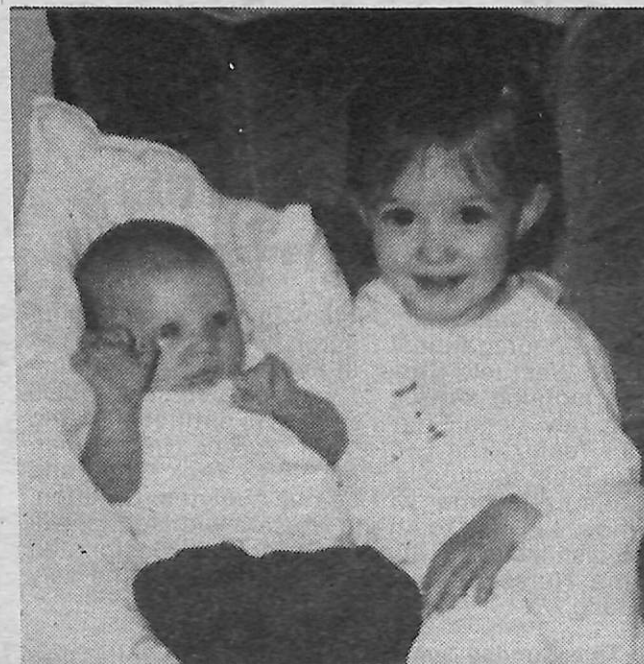
Springfield Italian Women's Club To Conduct Its Next Meeting On Wednesday, March 22nd

The March 22nd meeting of the Springfield Italian Women's Club will be held at Cara Mia's, 1011 E. Columbus Ave., Springfield. Dinner will be served promptly at 6:30 p.m.

Membership is open to all women of Italian heritage (either born Italian or married to an Italian).

For information on the meeting, call 732-3881.

Our classified ads will bring you FAST, FAST results...



CALEB TETREAULT & JORDAN TETREAULT

Jordan Kay Tetreault Announces Arrival Of Little Brother, Caleb

Jordan Kay Tetreault is proud to announce the arrival of his brother, Caleb Ernest.

Caleb was born December 9, 1999 at 1:34 p.m. in Baton Rouge, Louisiana. He weighed six pounds, 13 ounces and was 19.5 inches long.

The proud parents are Glen and Rachel Tetreault.

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Church News

Activities And Events At Feeding Hills Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday morning service of worship begins at 10:00 a.m. Rev. Donaldson's sermon is entitled "Facing Our Tests." The Lector will be Rick Kretschmar. The Bible reading is Mark 1:9-13. Nick Pelter and Chris Kretschmar will be our Acolytes. Children, who are invited to attend worship with adults, will be dismissed for Sunday School at a designated time. Nursery care will be provided for the very young.

This Sunday, we will take a special collection for the Parish Cupboard. "March Mission Madness/Cash for the Cupboard" is the first annual monetary collection in the churches that support the Parish Cupboard. Envelopes are available for your donations. Remember that it's March Match time, so donations of \$25 or more will be eligible for matching gifts from the Feinstein Foundation of Providence, Rhode Island.

The Worship Committee will meet immediately after worship Sunday morning.

Confirmants are reminded that they will meet here each Wednesday during Lent at 6:30 p.m. Also, the visit by the Confirmation Class to Mt. Sinai Temple in Springfield has been rescheduled for Friday, March 24th. Confirmants wishing to carpool should meet here at the church no later than 6:45 p.m. on that day. Those who choose to meet instead at the Temple should arrive prior to 7:20 p.m.

The deadline for submissions to the April issue of the church newsletter is Thursday, March 16th.

The Board of Christian Education will sponsor Movie Night on Friday, March 17th at 7:00 p.m. Bring some friends!

On the calendar:

SUNDAY, MARCH 12th: 10:00 a.m., Parish Cupboard Sunday; Worship Committee meets after service; 12:00-8:00 p.m., Church of Redemption

MONDAY, MARCH 13th: 4:00 p.m., Daisy Scouts; 6:30 p.m., Cub Scouts; 7:00 p.m., Property Committee; 7:30 p.m., Board of Christian Ed.

TUESDAY, MARCH 14th: 7:00 p.m., A.A.; 7:00 p.m., Community Outreach Committee

WEDNESDAY, MARCH 15th: 2:45 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 6:30 p.m., Confirmation; 7:30 p.m., Choir; 7:30 p.m., Cub Scout Committee

THURSDAY, MARCH 16th: Newsletter deadline; 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible study

Calendar From Ag. Congregational

On March 12th, the first Sunday of Lent, worship will be held at the Agawam Congregational Church (745 Main Street, Agawam) at 10:30 a.m., and Church School will take place at 9:00 a.m. (for seventh- through 12th-graders) and during the 10:30 a.m. service (for Crib Room through sixth-graders).

The Rev. Dr. Eric Bascom will begin a series of sermons, "Toughing It Through With Jesus," based on the high demands of Jesus. The first in the series is the urging, "Take Up Your Cross And Follow Me."

This is also Girl Scout Sunday. Members of the Pioneer Valley Girl Scouts will be in attendance to celebrate Girl Scout week. This is the 88th anniversary of their organization's founding. The Girl Scouts will be Ushers and Greeters at the morning service.

The Marie & Nick Zucco Scholarship Dinner is scheduled for Sunday, March 12th, at 5:30 p.m. Sponsored by the Board of Deacons, this dinner is FREE, with donations requested for the Zucco Scholarship Fund.

Graduating seniors and continuing education students of members of the church and the Zucco family are eligible for these scholarships.

The church will be receiving new members on March 19th, and anyone interested in uniting with the church at that time should contact the church office as soon as possible, 786-7111, or the pastor, 782-3858, in order to make arrangements.

During the Lenten season, members of the Agawam Congregational Church will be crossing the street to the Agawam Baptist Church for regular Wednesday morning devotions at 7:00, followed by a continental breakfast at the Baptist Church.

Men are invited to join the Men's Prayer Time, which meets at 7:45 each Tuesday morning. We read from the devotional guide "Under Room" for meditation and discussion, with time for coffee and fellowship.

For more information concerning any of our events, please call the church office at 786-7111.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

Advertiser
News!!!

Parish News And Notes From St. John's Church

BIBLE STUDY

Each Wednesday morning. Interested? Call Annette at 786-4977.

ST. JOHN'S OVER-60 CLUB

St. Patrick's Day lunch and entertainment on March 16th at 1:30 p.m. Lunch, Irish dancers, and Vera Conway with community singing. (Members only.)

REMINDER

After the 9:30 a.m. Mass on Sunday, March 12th, breakfast will be hosted by the Eucharistic Ministers.

Please join us.

CATHOLIC WOMEN'S CLUB

The rehearsals for March entertainment are held on Thursday nights from 7:00 to 8:30 p.m. in the Parish Center. All members are welcome to join in the fun (no talents are necessary). Call Angela, 786-5408, or Judy, 786-8083, for more information.

The Catholic Women's Club is sponsoring a Tag Sale on April 29th in the church parking lot again this year. To reserve a space, please call Betsy at 786-5160.

AGAWAM LENTEN DAILY MASSES

8:00 a.m.: Sacred Heart Church (Tuesday, Wednesday, and Friday).

8:30 a.m.: St. John's.

9:00 a.m.: St. Theresa's (Monday, Tuesday, and Wednesday); St. Anthony's (Friday and Saturday); Sacred Heart.

7:00 p.m.: St. Theresa's (Thursday only); St. John's (Monday through Friday).

Catholic Women's Club Seeks Vendors For Rummage Sale

The Catholic Women's Club of Agawam is seeking vendors and crafters for a tag/rummage sale to be held on April 29th from 9:00 a.m.-3:00 p.m. in the parking lot of St. John the Evangelist Church, 833 Main Street, Agawam.

Size of space is 15' x 18' and the cost is only \$15. Food and drinks will be available on the premises.

For further information, call Betsy Ciempa at 786-5160.

Our "Church News" is just one more reason why you turn our pages each and every week...

MAKE YOUR RESERVATION

An inheritance incorruptible and undefiled [is] reserved in heaven for you. —1 Peter 1:4

As early as 1995, reservations were being made in fashionable hotels and resorts for celebrating New Year's Eve 1999. According to writer Calvin McDowell in *The New York Times*, the London Savoy had by then been twice overbooked. Although the charge for the evening was \$1,000, the Rainbow Room in New York City had a waiting list. So did the Waldorf-Astoria. Reservations were hard to get.

For many people, the end of the 1900s and the dawning of a new millennium brings with it the hope that life will be different. Yet one doesn't have to be endowed with the gift of prophecy to know that life is destined to continue as it was in the last millennium. For example, we can be sure that death will continue to be inescapable. We know that no one today will live to see the year 3000.

Because death is inescapable, we must answer this very thought-provoking and personal question: Have you made sure of your heavenly reservations? It's not too late. You need to put your trust in Jesus Christ now for forgiveness and cleansing of your sin. You then will have a guaranteed reservation for that home in glory (Jn. 14:2), and you can be assured that you'll celebrate with the Lord for all eternity. Make your reservation today! —VCG

There is a place reserved in heaven

For all who have believed;

Eternal life is freely given

When humbly it's received. —Sper

IT'S NEVER TOO SOON TO PLAN FOR ETERNITY.



SYMPTOMS: Do you...

- ☐ think spaghetti is a finger food?
- ☐ sleep "like a baby" (up at 10, 2 and 4)?
- ☐ write your grocery list in crayon?
- ☐ say "bye-bye" to everyone?

DIAGNOSIS: Mother of Preschooler! (MOP)

Rx: Attend a MOPS® meeting. Relief is usually immediate!

JOIN US FOR:

- Encouragement and fun
- Instruction relating to womanhood, marriage, children and the home, from a Biblical perspective
- Small group discussion
- Creative activities
- Child care

Call us for the location, date and time of the next meeting near you!

562-1504

Westfield Evangelical Free Church

Rte. 10/202, Westfield
(Just Beyond The Southwick Line)

Church News - continued...



Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Observing Lent...

What are you giving up for Lent? That is a question many religiously observant people ask themselves at this time of year. This past Wednesday was Ash Wednesday, which ushers in the season of Lent. Some people give up candy, or desserts, or something else they particularly enjoy. Believe it or not, one woman I know even gave up using swear words for Lent one year!

However, is giving up something we like the real intent or meaning of Lent? Might not the period of Lent be better spent examining one's heart and life, to intentionally determine how we're measuring up compared to what we're supposed to be? After all, do any among us really believe we're perfect? Of course not! Lent provides us with an opportunity to reflect on that.

Psalm 25 says, in part: "Show me Your ways, O Lord, teach me Your paths; guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long. Remember, O Lord, Your great mercy and love, for they are from of old. Remember not the sins of my youth and my rebellious ways; according to Your love remember me, for You are good, O Lord."

Psalm 25, like many of the Psalms in the Bible, was written by King David. King David was one of Israel's greatest kings; indeed, perhaps the greatest king. King David's reign was very successful, and he was held in high regard by his countrymen. Even so, King David knew that everything was not entirely right between himself and God. God once referred to King David as "a man after My own heart." If God could say that about King David, and King David still needed to pray introspectively, what does that say about the rest of us?

Psalm 25 is a great prayer for the Lenten season. Sincerely prayed, it evokes humility. When we pray, "show me Your ways, teach me Your path," we humbly acknowledge that all the wisdom of the universe does not originate with us. "For My thoughts are not your thoughts, neither are your ways My ways," declares the Lord. "As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts." Let's face it, God's thoughts and ways are obviously superior to ours. Doesn't it therefore just as obviously make sense for us to pray, "show me Your ways"?

God knows we make mistakes. He even understands how come we make mistakes, because Jesus experienced temptations like we do. "At once the Spirit sent Jesus out into the desert, and He was in the desert 40 days, being tempted by Satan." The same devil who tempts us and exploits our weaknesses was busy tempting Jesus as well.

Although Jesus didn't have any weaknesses to be exploited, He nevertheless understands completely how temptation works. The Bible says, "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet was without sin. Let us approach the throne of grace with great confidence, so that we may receive mercy and find grace to help us in our time of need."

Lent is not supposed to be a period of depression, deprivation, or sadness. Instead, it is a period which should challenge us to be better people, living according to God's will for our lives. Some people have suggested that by observing the 40 days of Lent, we can in a small way imitate Jesus' withdrawal into the wilderness for 40 days. We would do well to leave the comparison there, however. After all, Jesus is the Perfect Son of God, and we're not.

Whereas Jesus could withstand the temptations of Satan all by himself, we need God's help. To think otherwise is foolishness. The Bible warns us that "the heart is deceitful above all things and beyond cure. Who can understand it?"

* * *

Rev. Peter Monahan's
"Reflections..." is a
regular feature of **The**
Agawam Advertiser News.

* * *

How many of us have fooled ourselves in the past?

Lent is not a time for us to believe in ourselves; it is a period of time to focus our belief on the God who created us and loves us. We count on God's love when we pray, in the words of King David, "remember, O Lord, Your great mercy and love, for they are from of old. Remember not the sins of my youth and my rebellious ways; according to Your Love remember me, for You are good, O Lord."

Lent is a season of hope rather than despair. "Good and upright is the Lord; therefore He instructs sinners in His way. He guides the humble in what is right and teaches them His way. All the ways of the Lord are loving and faithful for those who keep the demands of His covenant. For the sake of Your name, O Lord, forgive my iniquity, though it is great. Who then, is the person who fears the Lord? He will instruct him in the way chosen for him. He will spend his days in prosperity, and his descendants will inherit the land. The Lord confides in those who fear Him, He makes His covenant known to them."

Program On The Shroud Of Turin At St. Anthony's

At the invitation of the Women's Guild of St. Theresa/St. Anthony Parish, Father Stanley Smolenski of St. Martha's Church, Enfield, will host a program on the Shroud of Turin on Wednesday, March 22nd, beginning at 7:00 p.m. at St. Anthony's Church, 108 Bridge Street, Agawam.

This program will feature a video/discussion on this controversial relic of Christian history, and refreshments and fellowship will follow.

How has the discovery of a parasite brought carbon-dating into question? How does the "holy napkin" support its authenticity? How is a blossom found only near the Hebron with a particular blooming sequence related to the Shroud? What do you think? Join us.

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5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
Fresh Ground Chuck	
5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
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Roast	\$1.99 Lb.
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Rib End)	\$1.99 Lb.
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(Cut To Order)	\$1.49 Lb.
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(Cut To Order)	\$4.99 Lb.
Corned Spare Ribs	
(Store-Made)	\$2.39 Lb.

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Grade "A" Jumbo Eggs (Doz.)	99¢

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Frozen Swordfish Steaks	\$4.99 Lb.
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Bananas	49¢ Lb.
Jumbo Size California Navel Oranges	
(Each)	49¢
Red And Green Seedless	
Grapes	\$1.39 Lb.
All-Purpose Potatoes (10 Lb. Bag)	\$1.39
California Carrots (1 Lb. Bag)	39¢
New Green Cabbage	29¢ Lb.
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Cheese	\$3.69 Lb.
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Everyone A "Happy
St. Patrick's Day"

Church News - continued...

March Chicken Supper Slated At Valley Community Church

On March 12th, we will be holding a Baptism and Baby Dedication during our Sunday service.

This past week, we lost a very special member of our church, Wilma Powers. She could bring a smile to anyone.

She taught Sunday School to the children, and they loved her. Each week, she had wonderful things to teach them and had something for them on holidays.

Even being ill, Wilma managed to smile all of the time and never complained. She was a very big part of our church and will be very much missed.

It is always sad to lose a member of the church, especially one that was so well-known and loved.

Again, just a reminder of our pot luck supper on Friday, March 24th. Mr. Kearney will be making green corned beef.

We always manage to have too much food and quite a lot of fun.

This past Friday, our youth group went to the movies and went out for pizza. The kids have been talking about it ever since.

They seem to always enjoy something that has to do with food.

There will be a Missions Conference at First Baptist Church in East Longmeadow, March 15th-17th. Faith Bible Church will be showcased on Friday, March 17th, doing a most intense skit entitled "Purchase of Souls."

First Baptist has been an important part of Faith Bible Church in the past few years, and it's our honor to be a part of this Missions Conference.

WEEKLY SCHEDULE OF EVENTS AT FAITH BIBLE CHURCH

Sunday: 9:30 a.m. to 10:15 a.m., Adult Sunday School; 10:30 a.m. to 12:00 noon, Service; 12:00 noon to 1:00 p.m., Coffee/Fellowship.

Tuesday: 6:30 p.m. to 8:30 p.m., Bible Study/Book of Revelation.

Wednesday: 6:30 p.m. to 7:00 p.m., Prayer; 7:00 p.m. to 8:00 p.m., Praise & Worship Service.

First & Third Thursday: 6:00 to 7:00 p.m., Young Ladies Bible Study (at the Michalak home).

Friday: 6:30 to 8:30 p.m., Youth Group.

Saturday: 6:00 a.m. to 8:00 a.m., Leadership Prayer & Meeting; 8:00 a.m. to 9:00 a.m., Open Prayer; 9:15 a.m. to 10:00 a.m., Bible Study; 10:00 a.m. to 12:00 noon, Music Practice; 12:00 noon to 1:00 p.m., Outreach.

Catholic Women's Club To Meet At St. John's On Mar. 13th

The next meeting of the Catholic Women's Club of Agawam will be held on Monday, March 13th in the Parish Center of St. John the Evangelist Church.

A family-style dinner catered by Solmar Restaurant will be served at 6:00 p.m. Chairwomen for the event are Jane Schmidt, Pauline Paquette, Jackie Touissant, and Angela Beaudry.

After dinner, talented club members will present another magnificent musical production. Performing members are Theresa Barlow, Angela Beaudry, Betsy Ciempa, Judy Clow, Dorothy Frenette, Mary Gontczaruk, Barbara Jacaprarro, Maria LaRochelle, Peggy Lepper, Joan Malinoski, Carol Pignatere, Kathy Schafer, Jackie Toussaint, and Janet Wysocki.

Musical accompanist will be Wayne Ball and program designer for this event is Judy Shrader.

Please come and enthusiastically receive and support their spectacular efforts!

Appraisal Fair Slated At Ag. Congregational

The Ladies Aid of the Agawam Congregational Church, 745 Main Street, Agawam, will hold an Appraisal Fair on Thursday, April 6th from 3:00-7:00 p.m.

Douglas Auctioneers of South Deerfield will be appraising all kinds of collectibles and keepsakes. Bring in your treasures. They may be worth a lot more than you think! PRICELESS, perhaps.

The cost is \$5 per item or three items for \$12.

Lenten Schedule For St. Anthony/ St. Theresa Churches

LENTEN SCHEDULE

DAILY MASSES: 9:00 a.m.—Monday, Tuesday, Wednesday (St. Theresa's); 7:00 p.m.—Thursday (St. Theresa's); 9:00 a.m.—Friday, Saturday (St. Anthony's).

PALM SUNDAY: 8:30 a.m., St. Anthony's; 11:00 a.m., St. Theresa's (Special Mass for the children).

HOLY WEEK SCHEDULE

EASTER TRIDUUM

HOLY THURSDAY: 7:00 p.m., St. Theresa's (with a procession to St. Anthony's).

GOOD FRIDAY: 4:30 p.m., Stations of the Cross (Mary's Way), St. Anthony's; 7:00 p.m., St. Theresa's.

EASTER VIGIL: 8:00 p.m., St. Theresa's.

EASTER: 8:30 a.m., St. Anthony's; 11:00 a.m., St. Theresa's.

Calendar Of Events Announced By Valley Community Church

The Valley Community Church at 152 S. Westfield St. in Feeding Hills welcomes all who believe in Jesus Christ as our Savior to attend our Sunday Worship Service at 9:30 a.m.

The following is a calendar of events for the next two weeks:

THURSDAY, MARCH 9th: Open Prayer Time, 7:00 p.m.

SATURDAY, MARCH 11th: Chicken Supper, 5:00-6:30 p.m.

SUNDAY, MARCH 12th: Worship Service, 9:30 a.m., followed by Fellowship at 10:30 and Sunday School at 11:00

MONDAY, MARCH 13th: Board of Administration, 7:00 p.m.

TUESDAY, MARCH 14th: Board of Christian Ed., 6:30 p.m.

WEDNESDAY, MARCH 15th: Jr. Choir, 6:15 p.m.; Sr. Choir, 7:00 p.m.

THURSDAY, MARCH 16th: Open Prayer, 7:00 p.m.; Parish Life Meeting, 7:30 p.m.

SATURDAY, MARCH 18th: Visioning Retreat (part II), 8:30 a.m.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Announcements From Faith Bible Church In Agawam

"Whose Is This Anyway?" is the title of Rev. Barnes' sermon for March 12th at First Baptist Church, 760 Main Street, and he will be reading from Psalm 24.

Visitors are welcome. Child-care is available during worship. Following worship is a time for coffee and fellowship and then Sunday School classes for all ages.

Two adult classes are offered - the Pastor's class, "The Hurried Family," and the study of the New Testament class, led by Rev. Mercy Gonzalez-Barnes.

A Springtime Pancake Breakfast will be held on March 19th from 8:00 a.m.-9:15 a.m. in Bodurtha Hall. No reservations are needed. Come, bring a friend, and enjoy. The only cost is a free-will offering.

The Home Bible Study at 1:30 p.m. on March 7th and the Handiwork Group on March 9th at 2:00 p.m. will both be held in the home of Dorothy Major.

A continental-type breakfast will be served after our Wednesday morning Prayer Time throughout Lent. We extend an invitation to friends and neighbors to join this quiet time of meditation, which begins at 7:00 a.m.

Weekly Calendar Of Activities At First Baptist Church

In keeping with the holiday of St. Patrick's Day, the Valley Community Church at 152 S. Westfield Street, Feeding Hills offers the following limericks concerning its March Chicken Supper:

There once was a supper for all from
5-6:30 in Dunn Hall.

Half a chicken and more Homemade
desserts galore
786-2445 - CALL!

There once was a crew who knew all the
proper and right things to do
To prep and to set the best supper yet.
How they do it, we haven't a clue.

There once was a leprechaun, O'Darney who
loved to eat chili con carney.

But he came to eat chicken and said,
"Eight dollars a lickin'!"

It's worth more than gold, that's no blarney!"

Don't miss out on a great meal. Make your reservations today for the Saturday, March 11th supper!

Check our classified ads...



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Spotlight On Business

Keenan & Molta Acknowledges Top Agents In '99

Coldwell Banker Keenan & Molta applauds its agents for their hard work in 1999. At a recent awards breakfast, the real estate company honored its top producers and company leaders. Several agents from the Suburban West Regional office in Agawam received recognition.

Associate Priscilla Harman, of the Agawam office, was honored as the overall "Company Leader" and "No. 1 Multimillion Dollar" producer.

Associate Kathy Neilsen was named "Agawam Office Leader."

Neilsen and Harman are joined by the following "multimillion dollar" producers in Agawam: Sue Berselli, Diane Drewnowski, Chet Kasperek, John Langevin, Peg Lis-Barone, Frank Pinney, and Kathy Rose.

Associate Carmela Marzano was honored as a "million dollar" producer.

More than a dozen other Keenan & Molta associates were honored for their work in the Springfield and Longmeadow offices.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area.

The firm is the principal broker for Cendant Mobility; the largest relocation company in the world. Five offices and approximately 75 sales associates provide comprehensive home selling, home buying, mortgage, and relocation services to the greater Springfield area.



PRISCILLA HARMAN (left), an Associate of the Agawam office of Coldwell Banker Keenan & Molta, was recently honored as the overall "Company Leader" and "No. 1 Multimillion Dollar" producer for 1999. Congratulating Harman is Barry Boccasile, Vice-President of the company. The Agawam office is located at 770 Main Street. Advertiser News photo by Kathy Shepard.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

Legal Memo

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Motor Vehicle Negligence

Failure To Adhere To Golf Cart Regulations

The incident that gave rise to this case took place in the spring of 1997. The plaintiff was participating in a charity golf tournament. The plaintiff shared a golf cart with another golfer, who was the driver of the golf cart.

The plaintiff teed off on the 12th hole just beyond the ladies' tee on the leg of a steep precipice. The precipice was only partially cordoned off with breaks in the rope sufficient to permit pedestrian access. The defendant drove up to get the plaintiff in an area where cart traffic was prohibited.

Because the hill was so steep, the defendant lost control of the vehicle, causing the golf cart to topple over and injure the plaintiff. Due to the apparent lack of adequate warnings at the golf course, the golf course management company was named as a defendant.

The plaintiff's consultation with a hand and upper extremity specialist revealed a laceration to the digital nerves of both his third and fourth fingers, which injuries required corrective surgery to restore sensation to the plaintiff's fingers.

The defendant's homeowner's carrier declined to settle the claim on behalf of the plaintiff, arguing the motorized golf cart was not covered under the homeowners policy. Thereafter, the plaintiff's investigation revealed the injuries the plaintiff sustained were specifically included in the homeowner's policy and filed a suit under Chapter 93A.

The case was settled for \$90,666 against the driver of the golf cart with the golf course management company contributing \$5,000 towards settlement.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

* * *

Attorney Alan L. Ferrigno's "Legal Memo" is a regular feature of The AAN...

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Spotlight On Business - continued...


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with
Raymond Rose
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SOME TIPS FOR DAILY SAVINGS

Listed below are several ideas on how you can save money on a daily basis...

* Before you buy ANYTHING, ask yourself, "Do I want this or do I really need it?"

* Stop reaching for the plastic. In fact, carry less cash and plastic with you. Try to carry just what you need for the day. Avoid ATM's and write checks to pay specific bills, not just "cash." If you write checks to cash, you will never know where your money went.

* Every morning, write down how much money you have. Every evening see how much you have left. Account for every penny ... knowledge is the only way to control your money.

* Put each member on an allowance ... this will tell you where your money goes and keep you from being nicked and dined to death. It also will encourage your family to learn to manage their money.

* Shop with a list, and do your best to stick with it. Control impulse buying!

* Share your goals with your kids so that everybody understands and you will all be on the same "saving track."

* Make a daily effort to turn off unused lights (not to mention unwatched TV sets); don't waste water; don't make unnecessary trips in the car.

These are just a few of the many helpful ideas that I have come across to make saving money a little bit easier.

Raymond Rose is a resident of Agawam, and the Principal of THE PIONEER GROUP, a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to his office (731-6800) or his e-mail (RaymondRose@aol.com). Also, contact him via e-mail to receive his FREE online newsletter, THE PIONEER REPORT-Online. It's filled with enjoyable and informative info helping to "keep life simple." Thanks!

Pam Savioli

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DOs And DON'Ts: Quick Hiding Places For Sellers...

You just got a call that someone is coming to look at your home. With just a few minutes to tidy up, here are a few places to hide your clutter where buyers are the least likely to look:

- Under the bed.
- In dresser drawers and chests.
- Under or behind the couch (if it's up against a wall).
- In the washer or dryer.
- In the clothes hamper (with a lid).

(Note: as a last resort, there's always the trunk of your car.)

Don't panic and hide things in places where buyers are most likely to inspect. These places need to be kept clean, uncluttered, and organized:

- Bedroom closets.
- Laundry room.
- Kitchen drawers.
- Kitchen pantry.
- Oven.

PAM SAVIOLI is a Realtor with the professionalism, knowledge, and experience to help you buy or sell a home. Call her at (413) 748-7565 for a free consultation.

Our "Spotlight On Business" is just one more reason why you turn our pages each and every week.

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IPOs: They Can Be Hot, But Take Care Not To Get Burned...

One investment market that always seems to be sizzling is the market for initial public offerings (IPOs). Almost daily, there is a news report of an Internet, medical device, or technology offering whose stock price doubled or tripled shortly after shares began trading on the market. In addition to making them sound like a fast way to make big profits, news reports also make them seem like safe, sure investments.

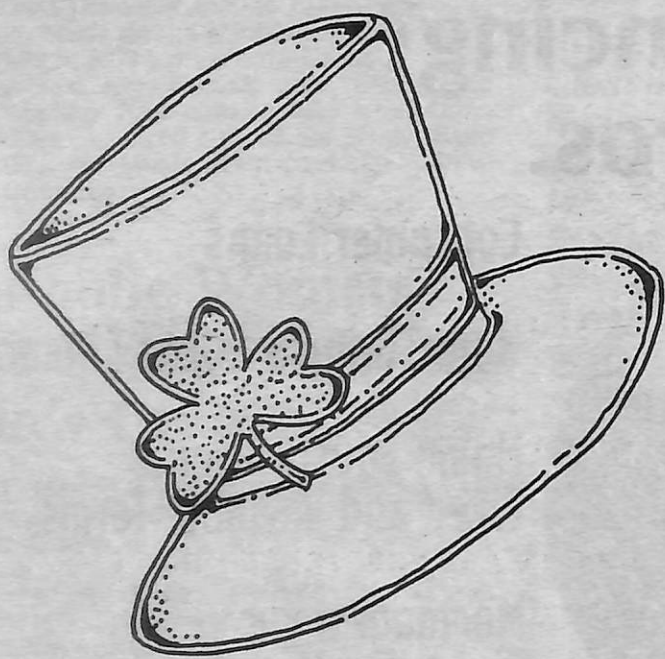
The fact is, though, not all IPOs live up to their perceived reputations. And the ones that do take off usually aren't available to the average investor. If you're wondering if IPOs are right for you, here are some thoughts to consider if you decide to invest in one.

What Are IPOs?

An initial public offering is, as its name implies, the first sale of a company's stock to the public. A company's private owners generally undertake such a sale to raise capital for operations, expansion, or some other business purpose.

Here's how the process works: Each IPO is managed by one or more large brokerage firms, called underwriters. The underwriters help the company prepare for the offering and complete the paperwork and prospectus required by federal and state securities agencies. They also create a

SEE ALVANOS - Page 21...



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"Reconciling and Transforming Lives in Jesus Christ Our Lord"

Spotlight On Business - continued...**ALVANOS - from Page 20...**

selling group, called a syndicate, which will help sell the issue. This group works together to determine the stock's initial offering size and price, which are influenced by several factors including market conditions and anticipated demand.

Once preliminary prospectuses have been provided to potential investors and the required waiting period has elapsed, the underwriter and syndicate sell the stock in the "primary market." The primary market is comprised of the groups that subscribed to the stock during the offering period. Participants include institutional investors such as pension funds, mutual funds, and favored individual investors who have a high net worth, do substantial business with the firm, or are regular investors in IPOs.

In the past, the average individual hasn't had access to these offerings. However, this is evolving as the Internet and online brokerages are beginning to change the way the process works.

As soon as the offering is completed, primary investors are free to sell the stock on the open or secondary market. This is where the average investor often gets into the action. If the stock is perceived as a hot offering, investors may bid its price dramatically higher. But succumbing to the frenzy can often burn long-term, buy and hold investors as hot IPOs flame out months later when business realities set in.

What To Watch Out For:

The best way to avoid the risk of getting burned by an IPO is to proceed with caution and have realistic expectations. Companies making the of-

ferings are often young and unproven. Because the company has been privately held, you may not have access to much information other than the prospectus. What's more, the shares of small company stocks are often more volatile than shares of more seasoned companies.

If you decide IPOs are for you, research the companies you are considering as extensively as possible. This means scouring the prospectus for such information as:

*** Risk factors —**

The company must disclose anything it is aware of that could jeopardize its business and your investment. These factors could include high debt, supplier problems, technical obstacles, reliance on too few customers, or legal disputes.

*** Selling stockholders —**

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Offer Ends March 19th!



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MEMBER F.D.I.C.



Spotlight On Business - continued...

Tours Are Most Welcome At "Toner Plastics"

by Kathy Shepard
Feature Editor

During a recent factory tour given at TONER PLASTICS, Stephen Graham, company president, appealed to children's love of a good story by telling of the "little animals that live out in the woods behind the factory."

Because of tales like this, decorations like a man-sized rocket ship made from factory materials, and TONER's myriad shelves of plastic materials in rainbow colors throughout the large warehouse, a tour makes an ideal field trip for Girl Scouts, Brownies, and other such youth organizations.

In addition to welcoming factory tours, which can be scheduled by calling 789-1300, TONER PLASTICS also invites the public to visit its factory discount store, where kits to make all sorts of art and adornments can be purchased.

Located right here in Agawam at 699 Silver Street, the discount store carries a full line of kits as well as other items from what Graham calls "the exploding market of wire art." The TONER PLASTICS store is open from 10:00 a.m.-5:00 p.m. weekdays and in the near future, the store will be open on weekends, too.

Graham discussed some of TONER's new products. "We carry a line of face-painting kits that use a special paint, tested and certified as safe and non-toxic. These paints are coupled with a special, reusable stencil which peels off easily and offers repeat applications. These stencils are of footballs, ladybugs, butterflies, the sun, and many other designs.

"A kit includes six paints, a brush, a cosmetic sponge, and instructions for face designs. Each kit also includes four designs, such as football helmet, bat, baseball, dragonfly, lizard, butterfly ... or Saturn, moon, shooting star, and so on," said Graham.

He further explained, "The kits for the broadening wire art trend uses wire encased in plastic. There are other versions with polymer clay, such as fimo soft, which remains soft. The wire bonds with clay. You could make a small chassis out of wire, for example, and a body of a car out of clay. Types of clay are fimo, Sculpey, and Cernit. These are used by artists to make one-of-a-kind dolls, but a huge number of them are being enjoyed by kids."

Graham recently attended three major toy and hobby shows, returning from each with updated information on current products or trends in the field. A hobby show in Anaheim, California hosts the hobby industry. "It is a very large show, primarily attended by those in the craft industry as opposed to the toy industry. Our 'Art Wear' went over very well at this show, as did the 'Fun Wire,'" said Graham.

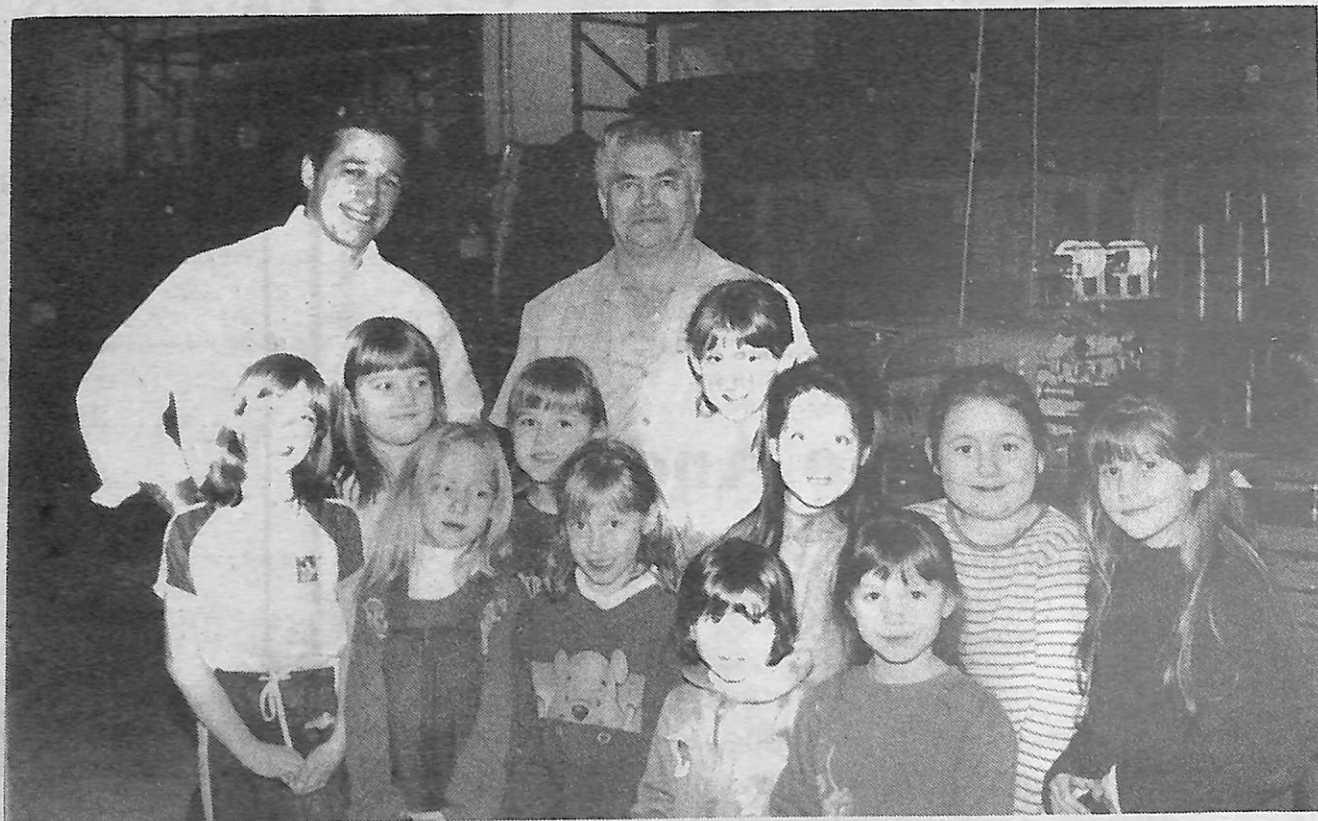
Graham also exhibited at the Toy Fair in New York City and a toy fair in Germany. "The New York Fair is a five-day vibrant show," Graham said. "We write orders at the show. We picked up 25 new customers. A lot are specialty toy stores that we call 'proprietary,' like craft shops in various parts of the country."

Graham attended a six-day German show as well. "European shows tend to run longer. This is an international trade show and it's interesting to note that English is really the only universal language when it comes to this kind of event. If a transaction is being discussed by a Chinese per-

SEE TONER PLASTICS - Page 23...



THE EXTERIOR OF "Toner Plastics, Inc.," which is located at 699 Silver Street in Agawam. On weekdays, the store is open from 10:00 a.m. to 5:00 p.m.; in the future, it will be open on weekends, too. Advertiser News photo by Kathy Shepard.



BACK ROW: Stephen Graham, president of "Toner Plastics," and employee Rafael Alvarez. IN FRONT: Area Brownies who recently visited the factory — Victoria Czupta, Karisa Racette, Jenny Higgins, Amanda Cummings, Lauren Weiner, Alison Weiner, Melissa DeMassini, Jessica Vazquez, Katie Cummings, Jennifer Simone, and Maxine Dudek. Advertiser News photo by Kathy Shepard.

* * * * *

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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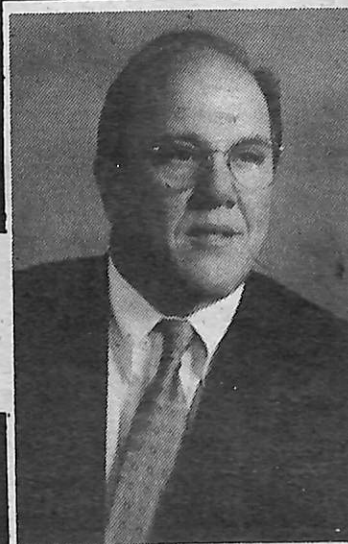
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Spotlight On Business - continued...

IN LEFT PHOTO: Alison Graham, daughter of Stephen Graham, president of "Toner Plastics" in Agawam. IN RIGHT PHOTO: Enjoying their tour of "Toner Plastics" are the local Brownies of Troop leader Linda Simone — Maxine Dudek, Karisa Racette, Alison Weiner, Lauren Weiner, Melissa DeMassini, Victoria Czupta, Amanda Cummings, Katie Cummings, Jenny Higgins, Jennifer Simone, and Jessica Vazquez. Advertiser News photos by Kathy Shepard.

CENTURY 21 Newschu Honored At Annual Banquet

The real estate team of CENTURY 21 Newschu Real Estate, Inc. in Agawam recently celebrated a spectacular year by attending the annual Awards Banquet held at Chez Josef on February 18th for the Western Regional CENTURY 21 Broker's Council.

This annual event recognizes the top producing offices and sales associates that are members of the CENTURY 21 System in this area. More than 75 System members and guests, braving wintry weather, attended the event.

Members of the CENTURY 21 Newschu Real Estate team won several top honors. John E. Schuler, Broker/Owner, won the Quality Service Producer Award for providing outstanding service to his customers. Jane David won the multi-million dollar producer, top 10 producer, and pacesetter awards. Dawn Scott and Cynthia Pappas received Pacesetter awards.

"We are so very proud of our team. Their hard work and dedication paid off in 1999. Not only did they provide their clients with the highest quality service possible, but they earned the respect and recognition of their peers," said John Schuler, Broker/Owner of CENTURY 21 Newschu Real Estate, Inc.

CENTURY 21 Newschu Real Estate, Inc. serves the communities of Springfield, Agawam, West Springfield, Westfield, Southwick, Chicopee, Ludlow, Holyoke, South Hadley, East Longmeadow, and Longmeadow. It offers residential and commercial real estate services. CENTURY 21 Newschu Real Estate has 16 years of experience in the real estate industry and has been affiliated with the CENTURY 21 System for seven years.

Century 21 Real Estate Corporation is the franchiser of the world's largest residential real estate sales organization, providing comprehensive training, management, administrative, and marketing support for the CENTURY 21 System. The System is comprised of more than 6,300 independently owned and operated franchised broker offices in more than 25 countries and territories worldwide. Century 21 Real Estate Corporation is a subsidiary of Cendant Corporation (NYSE:CD).

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TONER PLASTICS - from Page 22...

son with an Indian individual, they converse in English. I am impressed with the multiple language skills of people from other countries," Graham acknowledged.

In the German city of Nurnberg (or Nuremberg, as we spell it), the show is huge. It is held in a gigantic "Messe," like a Civic Center, on the outskirts of the city. The building has multiple halls, maybe 15 of them, and each provides huge amounts of space, according to Graham.

"Toys from all over the world are shown, many of which would not be seen in the United States. For example, wooden toys are popular in Europe

and not here in our country. They love their trains, mono cars, and model airplanes. They have giant set-ups, with trains, elaborate settings, courses run by computer, some covering 10,000 or more square-feet."

Large toy companies such as Ravensburger and Milton Bradley are always represented at this huge European show. If any new products come on the scene, Graham will be in a position to learn about them. Many of the most entertaining crafts and hobby kits are already available, and the public is welcome to visit the store or to call for a factory tour.

The benefits of the information and great new product lines are available at the factory store at TONER PLASTICS right here in Agawam.

* * * * *

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(AA)



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www.fitnessfirsthealthclub.com

On March 10th, 11th, & 12th
Fitness First & The Children's Miracle Network
Are teaming up to raise



\$25,000
for the children's unit at
Baystate Medical Center!



And YOU can help!

Participate in any of the following at Fitness First over the March 10-11-12 weekend!

- | | |
|---|--------------------|
| ★ 3-hour Aerobathon on March 11 th | 9:30am - 12:30pm |
| ★ 4-hour Spinning Marathon on March 11 th | 8am - Noon |
| ★ Racquetball Tournament - March 10-11-12 | ongoing |
| ★ Senior Young at Heart pool class - March 10 th | either 8am or 11am |
| ★ Children's BodyPUMP - March 10 th | 4pm - 4:45pm |
| ★ Children's Spin Class - March 10 th | 6pm - 6:45pm |

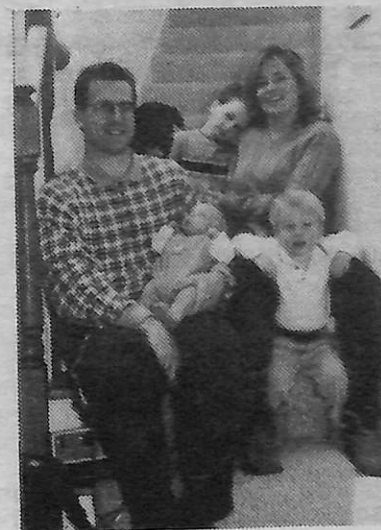
Or donate in any capacity!

- ★ Buy a CMN balloon!
- ★ Sponsor a participant!
- ★ Buy raffle tickets (we have some awesome prizes from a TV to a Mountain Bike!)
- ★ Bid in our Auction (on anything from a Day at Canyon Ranch in the Berkshires to a giant LEGO set!)
- ★ Bring us a raffle prize!
- ★ Sponsor a court!
- ★ **Any way you do it, you will be helping make children healthier!!!**

Why we work so hard at achieving our goals...

Twelve years ago Fitness First made the commitment to pledge our entire support to one charity - The Children's Miracle Network. Over the years, we have raised over \$110,000 for the children's unit at Baystate Medical Center - the place where most children are sent in this area for expert care. Each year, we give our all to collect prizes and pledges for our annual goal. This year, however, everything changed.

In June of last year, our Senior Director, Diana King went into labor, 18 weeks premature. The chances of a child's survival outside of the womb at that age are slim. However, the King family and the staff at Baystate did not give up or give in. Little Jack King was treated with the best care and guess what? He lived! And, he's healthy to boot! In fact, today, Jack is up to a hefty 16 pounds and is gaining every day. He has overcome most obstacles and is finally breathing on his own. At this rate, by his second birthday, he should be caught up with the other children his age! However, none of his progress would ever have been possible without the support of the Children's Miracle Network. The CMN provides the medical equipment needed, support groups, money for medication, a play area and school for the hospitalized children, and even rocking chairs for parents to rock their sick children to sleep in. They truly are miracle makers. We know that first-hand now. This year Jack King is the National Poster Child for the Children's Miracle Network.



This year, please join us in supporting the Children's Miracle Network. Your child may never need the hospital (we hope he/she never will) but someday you will come into contact with someone who has been or is going to the children's unit at Baystate. Then, you too, will be very glad you gave.

Please give generously with this coupon.

Your name will appear in 2 weeks in the Agawam Advertiser as a thoughtful contributor to helping reach our goal of \$25,000. All checks may be made payable to "The Children's Miracle Network."

I would like to help Fitness First raise \$25,000 for the Children's Miracle Network at Baystate Medical Center.
My tax-deductible gift of \$ _____ is enclosed. \$5 • \$10 • \$25 • \$50 • other
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City/State _____

Thank you from all of us at Fitness First and Baystate Health Systems!
Please mail or deliver donations to Fitness First, 60 North Westfield Street, Feeding Hills, MA 01030



60 North Westfield Street, Feeding Hills, MA 01030 ~ 413.786.1460
www.fitnessfirsthealthclub.com

For Your Health



Chiropractic Care

by
Dr. Tami Nelson
Chiropractic
Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Asthma & Musculoskeletal Problems

Recently, a patient came in complaining of chronic midback pain that had been going on for several months. While taking her history, it was also revealed that she had recently developed asthma and is using an inhaler several times a day.

It was not surprising to me to learn she had developed asthma, as the nerves that enervate the muscles in the midback are from the same area that go into the lungs and bronchial region.

The central nervous system is composed of the brain and spinal cord. Off of the spinal cord exit the spinal nerves that go to every part of the body. Messages come from the brain, go down the spinal cord and through the spinal nerves. If there is an interruption of the signal or a "pinch" of the nerve the information does not get through, which can result in pain, numbness, tingling, or dysfunction of the organ.

What can cause the nerve to be irritated? Direct damage to the nerve, as in an injury, can cause damage. The spinal cord is protected by the spinal column, or spine, which is composed of 24 movable vertebrae (bones). Each vertebra should move freely in all ranges of motion. If it is "stuck" or not moving freely, it can irritate the nerve and cause it not to function properly. Chiropractors term this a "subluxation" or "fixation."

How do these joints become fixated? An injury can cause this to happen, such as a fall or a motor vehicle accident. Also, repetitious motion, poor posture, muscle imbalance, stress, and a multitude of other problems. The joint becomes "stuck," the muscles around it tighten, the nerve gets irritated, which result in pain and dysfunction.

Chiropractors assess joint fixations or subluxations by palpating the spine and assessing for motion. Often the spine will be "locked up" in areas, but the patient doesn't even realize it because they've compensated for so long. A chiropractor's treatment consists of restoring motion to the spine by an "adjustment." An adjustment not only restores motion, but decreases muscle tightness and increases function of the nerve.

Let's consider our patient who had midback pain and developed asthma. We'll adjust her midback, work on the tight muscles to loosen them up, and give her exercises to maintain the flexibility and motion to the spine. If her asthma was due to improper nerve flow, her symptoms should subside.

Just a note, not all asthma is due to musculoskeletal problems. There are other causes of asthma that require medical treatment. We are talking about asthma due to musculoskeletal problems.

Children often will develop this suddenly. It's not surprising to find out that a child who develops asthma out of the blue also plays active sports. Occasionally, the back will get jarred and the joints stuck, muscles tighten, and nerves get irritated. The good thing is that a child responds so quickly to treatment.

After restoring the motion, the symptoms disappear. That's what is so exciting about chiropractic—the results are wonderful, with an added bonus of not utilizing drugs and surgery.

Chiropractic • it's only natural! If you have any questions, please contact our office. Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

ADVERTISER NEWS

John F. Walsh

Certified Public Accountant

569 Springfield Street
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www.GoFSO.com/johnfwalshcpa

For an appointment please call
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Food for Thought

by Nancy Dell
Registered Dietician

Food To Preserve Your Eyes, Ears, And Skin...

Birthday parties are fun when we're young. But there comes a day when many of us would like to freeze time ... and stop growing old. Well, we can't freeze time, but do we have to feel old? No, according to studies at the U.S. Department of Agriculture's Human Nutrition Research Center at Tufts University. Good nutrition and exercise can keep us functioning and feeling years younger.

Jeffrey Blumberg, Ph.D., Associate Director of the Center, says, "We can really begin to separate biology from chronology. It's a poor diet and sedentary lifestyle that contribute to many things we associate with aging. It's not just the passage of years."

We associate growing old with wrinkles, glasses, and hearing aids. New research shows we can minimize the age-related changes in our skin, eyes, and ears without the food we put in our mouths.

Eating fruits and vegetables a day provides antioxidant nutrients like betacarotene, vitamin C, and vitamin E, that help prevent wrinkles. Blumberg says the data suggests antioxidants "protect against photoaging — the effect of a lifetime of sun exposure in causing the wrinkling and thinning of the skin." He warns that antioxidants don't give you a ticket to get a sunburn every summer. A combination of minimum sun exposure and antioxidants can maintain a more youthful-looking skin for longer.

The same fruits and vegetables that protect your skin can protect your heart and your eyes. The antioxidants prevent blind spots called cataracts. Research shows people who eat fewer than 3½ fruits and vegetables a day are eight times more likely to develop cataracts. In a 10-year Harvard study with 333 physicians, those with high levels of betacarotene had half the incidence of heart disease.

If you work or play in a loud environment, protect your hearing with vitamin B-12. According to a study in the Journal of Otolaryngology (the study of our ears and voice box), vitamin B-12 plays a role in keeping the nerves in ears healthy. Nearly half the people tested with hearing loss were B-12 deficient. Vitamin B-12 won't reverse damage that's already done. So, think prevention.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030; (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.



Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

Season Change Coming At You!!!

Has anyone noticed the robins? That is a sure sign spring is around the corner.

With a season change comes a needed look at your workout. Depending on the season coming, there will be some changes to be made. Spring brings with it warmer weather. It brings mud, pollen, warm air, and spring fever.

As usual, if you haven't been exercising, start slow. Many feel it is time to start jogging outside and enjoying the weather. If you have not been jogging, start by fast walking and progress to short bouts of jogging. Going out jogging after being sedentary all winter is not working out smart. You don't want to start this or any season off with an injury.

If you have been exercising indoors, it may be time to take it outside. There are a few things to keep in mind before leaving the house. First, be sure someone knows where you are going and for how long you'll be gone. If you are injured, you want someone to miss you and come looking soon. (I'm such a nurse.)

Also, bring such identification with you. Think about the route you are taking; will there be a lot of mud? Will there be lots of cars driving through puddles? Is the terrain safe from potential injury such as slips and falls or twisted ankles?

Fresh air is a wonderful healer. It is healthy for your entire being, unless you suffer from allergies. This could ruin the best-made plans. Work with your health care provider on the best remedies to take for this.

Exercise in the morning when the air is the cleanest. Don't go walking or running in a high-traffic area. The exhaust and poisons from everyone's cars will do more damage than the exercise will do good. Know your symptoms; if you are even at risk of having a respiratory reaction, DON'T go out alone.

If the weather is a little cool, dress in layers so you can take a layer off as you warm up. Don't forget to bring water and rehydrate regularly. It's a great idea to change up your workout; it keeps it interesting and challenging.

As long as you are safe and smart about it, you can enjoy the season change with little risk of injury or setback.

"For Your Health" is a regular feature of The Agawam Advertiser News...

* * *

Integrating Intimacy and Sex-uality

Read more about this in today's **FOR YOUR HEALTH** column.

You are worth it!

from

Dan Pender

Marriage & Family Therapist

A Clinical member of the

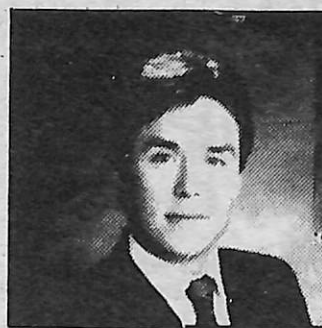
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For Your Health - continued...**Your Back And Your Health**

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Preventing Back Pain...

The key to preventing low-back strain is to develop a balance of the muscular forces on the low back. Muscles pull on the spinal column at their points of attachment or points of origin or insertion.

Four major muscle groups affect the lower or lumbar spine. They are the: 1) back extensors — the muscles of the lower back; 2) the hamstrings or posterior thigh muscles found at the back of your thigh; 3) the quadracep muscles or hip flexors in the front of the thigh; and 4) the abdominals.

All four of these muscle groups act together and must balance each other so that the stress to the lower back is at a minimum.

To strengthen the abdominals, a wide variety of exercise equipment is available today. It is important to avoid repeated full flexion and extension of the lumbar spine or full bending at the waist to prevent mechanical stress to the discs of the spine during any abdominal strengthening program.

Do quarter sit-ups with the knees bent adequately. Gently lift your shoulder blades from the floor. Cross your arms on your chest to avoid strain to the neck.

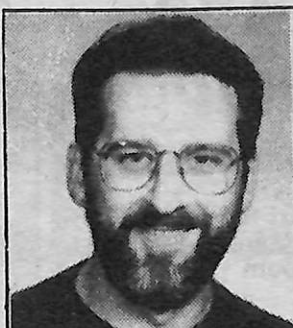
Strengthen your back extensors by doing chest lifts. Lie on your stomach with your arms at your sides. Keeping your legs straight, slowly lift your chest slightly off the floor without using your hands. Hold for two or three seconds. Do three sets of 10 repetitions.

Strengthen and stretch hamstrings by lying flat on your back and grasping one thigh with your knee bent. Pull your thigh to your chest. Slowly straighten your knee by extending your lower leg.

Push your foot in the direction of your head. The tension in the muscles behind your thigh increases. Hold this tension for a count of 10. Relax. Repeat this three times for each leg.

Tighten your hip flexors or quads by performing half-squats or lunges. As your strength increases, you may add light handweights to your routine.

Good posture is important. Be aware of your posture while sitting and standing. If lower-back pains continue or pain radiates down your legs, contact the SCHLAFFER CHIROPRACTIC OFFICE, 192 Shoemaker Lane, at 789-1369.

**"Let's Talk About It"**

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
(413) 789-4460

Intimacy and Sex-uality...

Where does your life energy come from? Having sex, exercising, work, praying, playing, a hobby, or perhaps it comes from being in real relationships? Whatever the source, let's agree that having energy to live life is important.

Last week we talked about the idea of how we can both be connected and separate while in important relationships. For many of us, we feel most comfortable in relationships when we are "connected," only seeking some "separation" now and again, especially during times when things are not going so well.

Well, then, do you think intimacy has more to do with being in "connection" or more to do with being able to live "separately"? I happen to think intimacy, especially in-depth intimacy, has much to do with BOTH being "connected to" and "separate from." To and from whom?

The simple answer is with one another. But it seems that a significant portion of our energy needs to go into our own healthy development toward self-giving connection and separation from others and the distractibility they represent.

If we typically prioritize what others need ahead of our own needs, we risk living into being overly-connected (fused). On the other hand, if we typically prioritize our own needs without much consideration for others, we risk becoming over-separated (cut-off).

I think that healthy, in-depth intimate relationships seek balance between "connection to" one another and "separation from" one another. Out-of-balance relationships might tend to overly emphasize the sex or lack of sex in the relationship. More healthy relationships, I think, seek to integrate the connection between sexuality and intimacy as it naturally flows one from the other.

As soon as we overly focus on body parts, for example, we fall prone to "sexualizing" the experience. Sexualizing the experience, at least for me, is when I lose the opportunity to have myself (good connection to me and with my partner). Sexualizing the experience is becoming too separated both from my own intimacy with myself and how that intimacy might be shared with my partner. I think we can become real scared when real intimacy with ourselves and another is possible.

Do you know what the word intimacy means for you? Does the distinction I point out about "sexualizing" and "sexuality" have any meaning for you? If so, please take some time in your day, your week to honor their importance in your life.

Let's talk some more next week about sex, sexuality, and intimacy and see if we can benefit from caring for you and your relationships in a very direct way. Please contact me with what you've come up with. As always, if I reprint any or all of your material, I will not publish your name unless you specifically give me permission to do so.

THE COMPLEXITY OF BEING INTIMATE.

"Let's Talk about it" is a regular weekly feature from Dan Pender, MA., M.F.T. Marriage & Family Therapist. Dan maintains a private practice in Agawam, MA. He is a Clinical member of the American Association of Marriage & Family Therapy. He is also a local professional Church educator and can be reached by e-mail (AOL screen name: dpmft449) or P.O. Box 449, Agawam, MA 01001, (413) 789-4460. Please respond with your feedback, relationship questions and topics and "Let Talk about it."

* * * * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

* * * * *

* * *

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For Your Health - continued...

Support Groups, Courses, And Programs At Noble Hospital

SUPPORT GROUPS

ALCOHOLICS ANONYMOUS: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

STROKE SUPPORT GROUP: Wednesday, March 22nd, 5:30 to 6:30 p.m. In the Bronson Rehabilitation Center Dining Room at Noble Hospital.

Free of charge and open to individuals recovering from a stroke and their spouses, caregivers, and other interested persons. Participants are encouraged to suggest topics for future meetings.

Call Barbara Boulanger, M.S.W., L.I.C.S.W., at 568-2811, ext. 5809.

DIABETES: Tuesday, March 28th, 12:30 to 3:00 p.m. In Conference Room A at Noble Hospital.

Free of charge and open to individuals who have diabetes and their support persons.

At this meeting, Tricia Porter (Cardiac Rehab Nurse) and Sara Lyons (Exercise Physiologist) will speak on "Diabetes and Heart Disease and Risk Factor Modification."

For more information, call Karen Ranen, M.S., R.N., C.D.E., at 572-5178.

CAREGIVERS' SUPPORT GROUP: Wednesday, March 29th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

On the second and last Wednesdays of each month, Noble Visiting Nurse and Hospice Services offers this group for those who are caring for someone with a life-threatening illness. Hospice families, staff, and community members are invited to participate.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

CROHN'S AND COLITIS SUPPORT GROUP: Tuesday, March 21st, 7:00 to 8:00 p.m. In Conference Room A at Noble Hospital.

Free of charge and open to people with Crohn's or Colitis, their family members, and support persons.

For additional information, please call Noble Hospital's HEALTH BEAT at 568-2328.

PROGRAMS/COURSES/CLINICS

NOBLE HOSPITAL AND THE AMERICAN INN AT SAWMILL PARK invite you to attend "The Large and Small of Colon Health" (lecture by Diane Lockhart, M.D.): Thursday, March 23rd, 2:00 p.m. In the Crane Building Auditorium, The American Inn at Sawmill Park, Route 202, Southwick.

Dr. Lockhart is a general surgeon at Noble Hospital. She will talk about lifestyle choices that keep your colon healthy; common problems that occur in the colon (large intestine); and a discussion of how they are treated.

Program is free of charge and open to the public. Call HEALTHBEAT at 568-2328 to register and for directions.

Refreshments provided. Tour The American Inn after the program.

COSMETIC/PLASTIC SURGERY WITH DR. GARY RUSSOLILLO: Tuesday, March 21st, 6:30 to 7:30 p.m. In Conference Room B at Noble Hospital.

Gary Russolillo, M.D., will present a lecture about Body Contouring Surgeries, Lip Enhancements, Facial Surgeries, and Skin Care Procedures. Also included will be a live chemical peel demonstration.

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

Pre-registration is required. To register, call Noble Hospital's HEALTH BEAT at 568-2328.

CPR COURSE: Wednesdays, March 15th & 22nd, 6:30 to 9:00 p.m. In the Education Department/Ground Floor at Noble Hospital.

This two-part course provides American Heart Association Adult, Child, and Infant Certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's CPR Line at 572-5172.

SMOKING CESSATION PROGRAM - "Forgetting Cigarettes" with Joseph Barako, R.N., Certified Hypnotherapist: Sundays, March 19th and 26th, 7:00 to 8:30 p.m. In the Bronson Music Room at Noble Hospital.

This two-part program uses hypnosis to eliminate your desire for smoking and allows you to forget cigarettes forever. The registration fee for this program is \$40 and is paid the evening of the first session.

Seating is limited, and pre-registration is necessary. To pre-register or for more information, call Noble Hospital's HEALTH BEAT at 568-2328.

On Thursday, March 16th...

Program On "Vitamins And Your Health" At Agawam Senior Center

The Agawam Senior Center, together with Bay State Senior Class, will host Dr. Philip Gaziano in a discussion entitled, "Vitamins and Your Health."

Dr. Gaziano will discuss vitamins and the part they play in our health. A question and answer discussion will take place at the end of his presentation. The talk will take place at the Agawam Senior Center, 68 Meadowbrook Manor, on Thursday, March 16th, from 10:30-11:30 a.m.

Be sure to sign-up early for lunch if you plan to join us on that day. Call 786-0400, ext. 242/243.

Free Blood Pressure Clinic To Be Held At The Atrium

Home & Community Health Services, Inc. (formerly the Enfield Visiting Nurse Association, Inc.) is sponsoring a free Blood Pressure Clinic at The Atrium at Cardinal Drive, 153 Cardinal Drive, Agawam on Tuesday, April 11th from 10:30 a.m.-12:00 noon.

Cholesterol screenings will also be available for a fee of \$5. If you would like to schedule an appointment for a cholesterol screening, please call Judy Pothul at (413) 821-9911.

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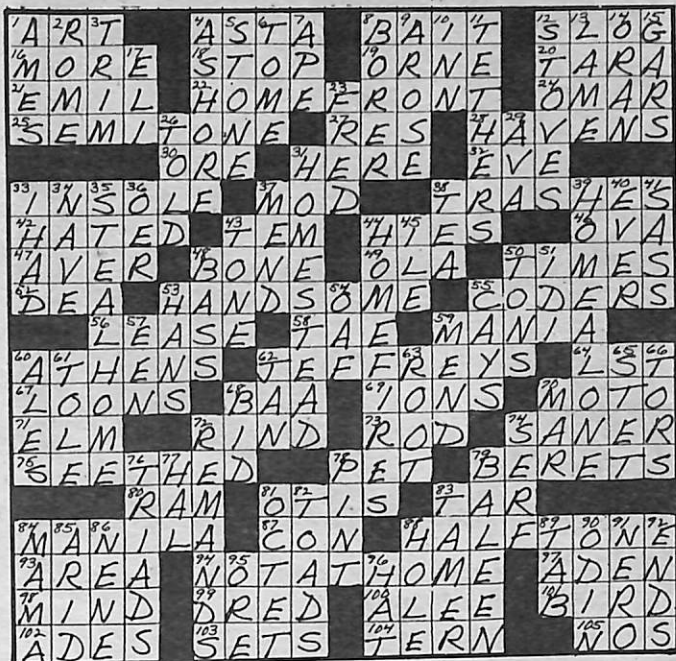
ALL PAPER GAMES

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Arts

Last Week's Solution...



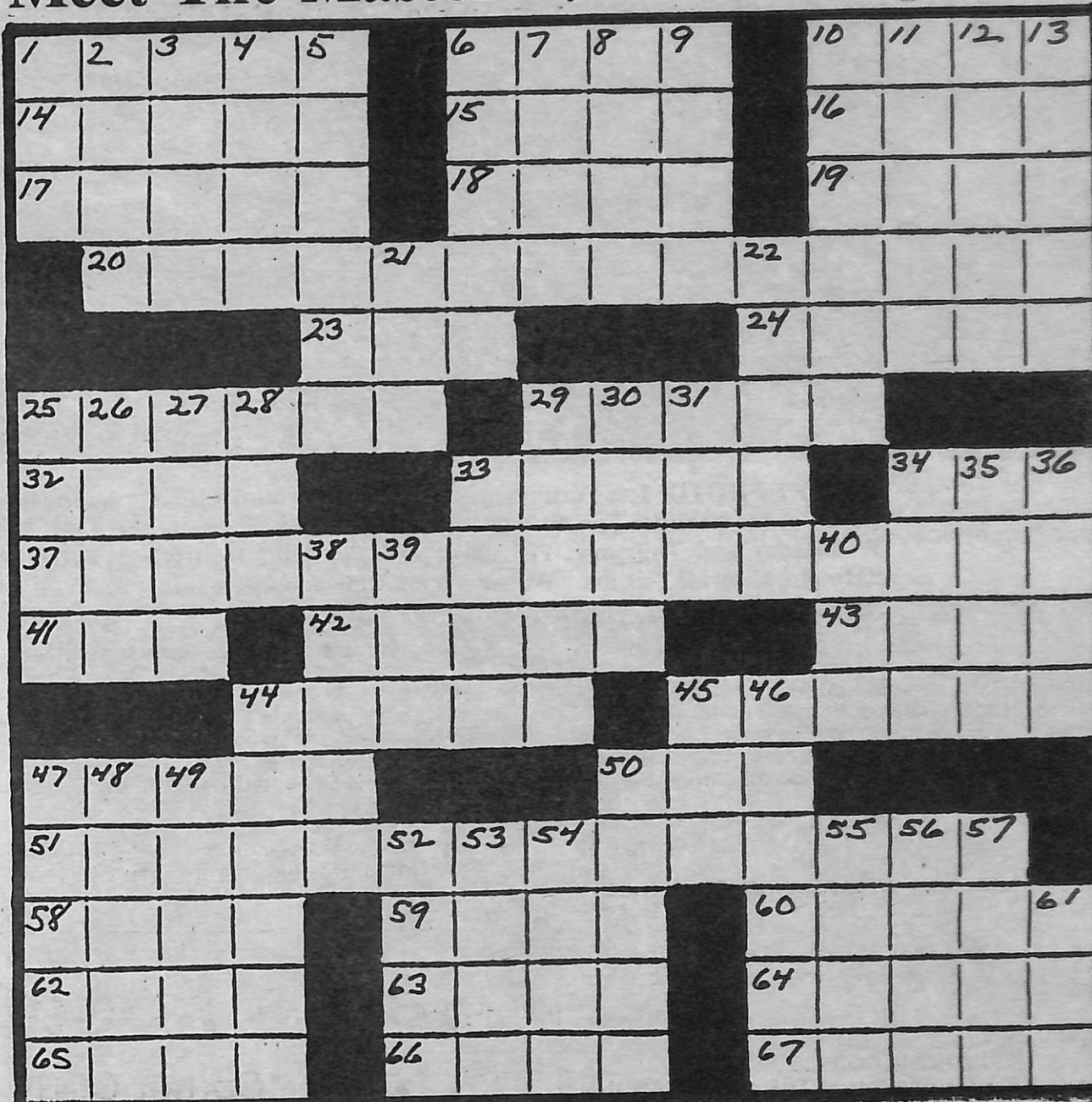
ACROSS

- 1 Showed again
- 6 Action word
- 10 Feminine nickname
- 14 Love to Luigi
- 15 Pertaining to time
- 16 Mon —
- 17 More broad
- 18 Actress Naldi
- 19 European industrial region
- 20 Outrun
- 23 Shade tree
- 24 Leases out
- 25 Oscar or Edgar
- 29 Beneath
- 32 Prefix for prompter
- 33 Fathered
- 34 "The Sands of — Jima"
- 37 Long-running T.V. sit-com
- 41 Infamous Amin
- 42 Wind-blown soil
- 43 Lion's pride
- 44 Shrewd
- 45 Wall decorations
- 47 Ross of Texas
- 50 U.S./Canada locks
- 51 Indecisive one's comment
- 58 English composer
- 59 Not often seen
- 60 Cuban patriot
- 62 Row
- 63 Seed covering
- 64 Actress Barkin
- 65 Observes
- 66 Political cartoonist Thomas
- 67 Pee Wee of baseball

DOWN

- 3 Used a cab
- 4 Region
- 5 All — up (tense)
- 6 Spite or malice
- 7 "— Go Braugh"
- 8 Have influence
- 9 Tell all (slang)
- 10 Tasty nut
- 11 With vigor
- 12 Former BoSox pitcher Luis
- 13 Drover's charges
- 21 Overhead trains
- 22 Wear away
- 25 King of the Huns
- 26 Lawn despoiler
- 27 Jai —
- 28 Run up the motor
- 29 "Itsy — polka dot"
- 30 God of love
- 31 Lebanon (abbr)
- 33 Brit's rifle
- 34 Lend of tennis
- 35 Left
- 36 Mine finds
- 38 Please greatly
- 39 Charged particle
- 40 Bon —
- 44 Puts a lid on
- 45 What ante builds
- 46 He pays rent
- 47 Town maps
- 48 Scary
- 49 Indian princess
- 50 Winter wheat
- 52 Persia today
- 53 Scarlett's plantation
- 54 "The Haj" author
- 55 Elis school
- 56 Shield border
- 57 Mountain Indians
- 61 Chemical suffix

Meet The Master - by Dick Mastroianni...



STAGE To Present "The Magic Cloak"...



AUNTIE RIVETTE (Chelsea Donahue of Suffield) glares in envy as Sprite Ereol (Kaila Pirnie of Feeding Hills) presents Princess Fluff (Jaime Pearsons of Suffield) with a magic cloak which has Ruffles (Nathan de Jongh of Feeding Hills) in its power. The scene is from STAGE's next production, "The Magic Cloak," to be presented at The Red Door Theatre in Feeding Hills on Friday and Saturday (March 10th and 11th) at 7:30 p.m., and Sunday (March 12th) at 2:00 p.m. All tickets are \$5 and may be reserved by calling (413) 789-2026.

"Hilarious Hi-Jinks" At Agawam Library This Sat., March 11th

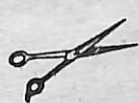
Storyteller Mary Jo Maichack will offer a program, "Hilarious Hi-Jinks," on Saturday, March 11th, from 2:00-3:00 p.m. in the Agawam Public Library Community Room.

Featuring "The Three Sillies" and other oddball characters, with lots of audience participation, the event is open to kids aged four and up.

Parents and grandparents are invited to bring cameras. CALL 789-1550 OR VISIT THE LIBRARY TO SIGN-UP FOR THE SHOW.

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CALL (413) 786-8157 FOR MORE INFORMATION



Education



IN LEFT PHOTO: Jess Forni, Katie Dubay, Emily Norris, and Amanda Brown sing "You Can't Hurry Love" at the "Winter Top 40 2000" concert, which was held in the Agawam High School auditorium on Wednesday and Thursday, February 16th and 17th. IN RIGHT PHOTO: Justin Gorman belts out "Hotel California" at the "Winter Top 40 2000." Advertiser News photos by Kathy Shepard.



IN LEFT PHOTO: Dolores Cuccovia and Jodi Paulin demonstrate their singing abilities during the recently held "Winter Top 40 2000." IN RIGHT PHOTO: Matt Couture "Slide"s at AHS's "Winter Top 40 2000." Advertiser News photos by Kathy Shepard.

The Program For The "Winter Top 40 2000"

- * "Let 'Er Rip" - Shawna Suffriti/Emily Morton.
- * "Elderly Woman" - Paul Sawyer.
- * Dance - "Vogue" (Wed./Thurs.).
- * "Save Tonight" - Jay MacKay.
- * "Stay" - Katie Feato.
- * Dance - "Heartbreaker" (Wed./Thurs.).
- * "You Can't Hurry Love" - Jess Forni/Katie Dubay.
- * "I Will Remember You" - Jodi Paulin.
- * "Come On Over" - Amanda Brown.
- * Dance - "Bug-A-Boo."
- * "Boom Biddy Bye Bye" - Chris Andre/Jon Roberts.
- * "Crazy Baby" - Laurie Chmielewski.
- * Dance - "Blue" (Wed./Thurs.).
- * "Tell Him" - Dolores Cuccovia.
- * "Slide" - Matt Couture.

- * "I Knew I Loved You" - Lisa Dineen.
- * Dance - "Movin It" (Thurs.).
- * "Absense of Fear" - Erin Cocchi.
- * "Ready to Run" - Lucy Young.
- * "Mystery" - Renee Robichaud.
- * Ribbon Dance - "Un Amico E Così" (Wed./Thurs.).
- * "You've Got a Way" - Missy Harrington.
- * "More Than Words" - Michelle Blanchard.
- * "Hotel California" - Justin Gorman.
- * "Farewell Song" - Diane Griffin.
- * Dance - "Express Yourself" (Wed./Thurs.).
- * "I Feel the Earth Move" - Stephanie Rondinelli.
- * "Blessed" - Emily Norris.
- * "Voices of Elvis" - Neil Butler.
- * "The World is New" - Molly Schlagel/Jen Jutte.

Instrumentalists and crew: Donald Berthiaume, Chris Trevethan, Justin Gorman, Mike Krapf, Erick Serna, Justin Bard, Jonathan Guarriello, Marlow Frogameni, Josh Lewin, Nate Patterson, Marc Scortino, and Steve Files (Production).

Special thanks to Dave Gomes for lighting; Marc Scortino for charts and instrumental direction; and Chris Trevethan for percussion assistance.

Dancers: Jess Roy, Michelle Cote, Amber DeChristopher, Amanda Lemieux, Sarah Longtin, Andrea Prova, Arlie Meade, Laura Babbitt, Taryn Laponese, Andrea Greaney, Laura Keller, Kelly Webb, Raya Mutti, Amy Mahaney, Chris Andre, Heather Bussiere, Stefanie Fede, Amy Stevenson, Holly Walker, Vicki Fitchben, Tricia Fitchben, Christine Gallant, Karen Hadden, Rae Anne Ottomaniello, Jen Lock, Sara Tremblay, and Elena Cattoni.



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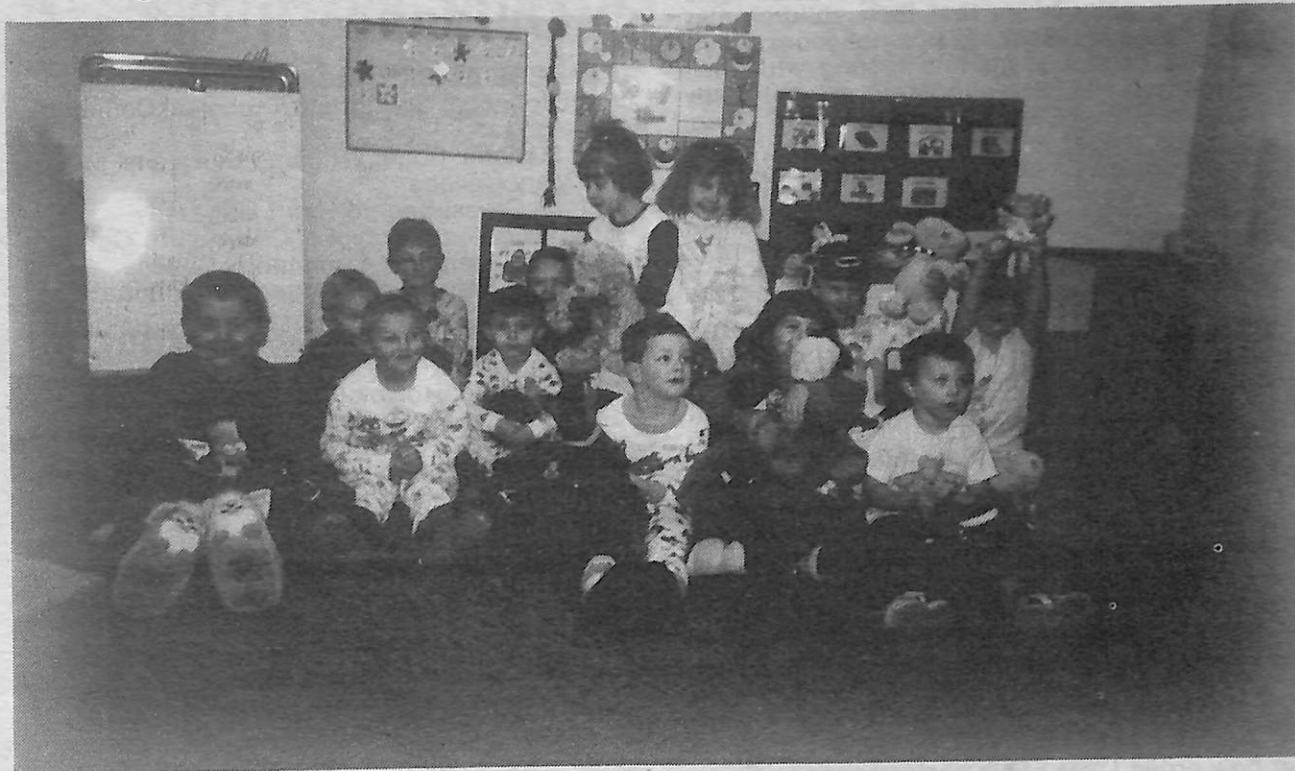
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Enjoying Their 'Pajama Party'...



AGAWAM EARLY CHILDHOOD children recently had a "Pajama Party." The classes of Miss Kerry and Miss Michelle combined forces for this fun-filled day. The youngsters were excited and happy when they arrived, as they were accompanied by their favorite teddy bears and attired in their jammies, robes, and slippers. The "Pajama Party" featured pillows, popcorn, and a movie, and an enjoyable time was had by all.



Agawam Schools' Weekly Lunch Menu

MONDAY, MARCH 13TH: Steamed frankfurt in roll, Boston baked beans, seasoned green beans, chilled pears in syrup, milk.

TUESDAY, MARCH 14TH: Oven-baked chicken nuggets, honey or dipping sauce, bread and butter, steamed rice, diced carrots, chilled fruit cup or Jello with topping, milk.

WEDNESDAY, MARCH 15TH: Oven-baked rib dippers, applesauce, niblet corn, bread and butter, chocolate brownie, milk.

THURSDAY, MARCH 16TH: Oven-roasted turkey with whipped potatoes and gravy, seasoned peas and carrots, dinner roll, fruit cup or chocolate pudding with topping, milk.

FRIDAY, MARCH 17TH: Grilled cheese sandwich, tossed garden salad with spinach greens and green ranch dressing, pistachio pudding with green topping or lime Jello, milk.

James Clark PTO Announces New Spring Fundraiser

The snow may be melting away, but the really warm weather isn't here yet! Wouldn't it be nice to know you can escape the cold with a wonderful trip to Florida?

The James Clark School PTO has a new fundraiser idea that can get you on your way! Our Spring Fundraiser is a raffle and the prize is a Disney World family vacation.

The trip, with a value of \$3,000, includes round-trip airfare, accommodations, and Disney World park hopper passes. Erin World Travel of Westfield is coordinating the trip.

Raffle tickets are \$1 each, or a book of six tickets for \$5. Tickets will be sold from March 1st to May 1st. The drawing will be held on May 10th and you don't need to be present to win.

Tickets may be purchased from any James Clark School student or by calling Carla Chase, 789-3846; Ann Marie LaZazzera, 789-3141; or Cathy Blood, 786-5103.

ADVERTISER NEWS

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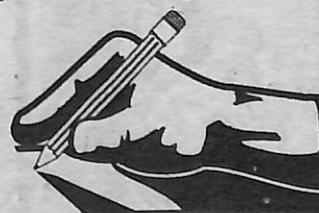
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www.lpvstcareer.org

Or call John Michaels at 413-593-5586



OUT OF DISTRICT STUDENTS SHOULD FILE LETTERS OF INTENT WITH THEIR LOCAL SUPERINTENDENT'S OFFICE BEFORE APRIL 1, 2000.

Happy 19th Birthday, Erin!



Love,
Mom, Dad, John & Josh



From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

Presence, Not Presents

These two words sound alike, yet they have such different meanings, so I began to think about these homophones and the impact each has on a person's life.

Yes, we all do like to receive presents, but are they really the primary things that we want, the things that will bring us the most joy? I don't think so.

For the moment, we are thrilled with the gift, but that feeling is fleeting. Think about the child who has a room filled with stuffed animals, perhaps the state-of-the-art technology, and the best musical instruments that money can buy. Every day, the child goes to her room, plays with the sundry things that she finds there, but doesn't find real enjoyment in them.

What's the problem? The problem is that her folks are away a lot working and when they are home, they really don't include her in many of their activities. What she really wants is their presence, not their presents. She wants to feel needed; she wants them there to discuss problems and everyday happenings with her. Simply restated, she wants them around.

Sometimes parents feel that they can "buy" their children's affection. The parents know that they are busy and unable to spend too much time with their offspring, so they feel that presents will make up for their presence. Unfortunately, presents do no communicate. Presents do not give the warmth and nurturing that is needed.

I know it's hard with some people's work to be able to always be present, yet I do feel that parents can make an effort to be present more than sometimes they are. Frankly, I don't think parents are really aware that their children may need them around more often, since many times, youngsters do not share this feeling with their folks; many times the youngsters are not really aware of why they are feeling so unhappy. Often, the children retreat to their rooms anyway. Other times, they may be aware, but they also know that their parents are working hard and they don't want to upset them and appear selfish by wanting them around. Yet, inside of their rooms or not, there is comfort just knowing their parents are home.

I'll never forget going to my son's athletic games. Many times, I would be exhausted after work, yet I would drive all over to surrounding towns in order to stand and cheer in the cold, wind, hot sun, and/or stuffy gymnasium. Looking around, I would often notice children peering into the crowd trying to see if their folks had come to witness their performance.

How chagrined they often were to find them absent. I remember poignantly one encounter with a player. After the basketball game, the parents came running out on the floor, seeking out their children, and hugging them and praising them. The game had been close. Our team had hung in there and victory was ours at last.

I embraced my son, then looked at the young man next to him. Clearly, no one was there to hug him, so I leaned forward, enveloped him, and told him how proud I was of his performance and how lucky my son was to have him as a teammate.

The boy told me that he wished his dad had seen his performance, but it was too difficult for Dad to get to any of his games. How sad! How much the father was missing! Any presents he may have bestowed upon his son would never mean as much to him as his presence.

Presence or presents ... they sound alike, but that's where the similarity stops. Presents are nice, but presence is lasting.

"Earth Day Fair" Scheduled For Thursday, April 27th, At Agawam High School

On February 11th and 12th, five members of Agawam High's S.A.V.E. (Students Against Violating the Environment) and their advisor, Mrs. Bertone-Gross, travelled to UMass-Amherst for "Earth Connection 2000," which inspired the group to hold an earth fair of their own. About 180 high school students from 37 communities formed round tables and talked about different environmental issues.

AHS usually has its earth fair during school. This year, S.A.V.E. wanted to open it up to surrounding communities at a more convenient time.

On Thursday, April 27th, at Agawam High School (760 Cooper Street) from 6:00 p.m. to 9:00 p.m., there will be an "Earth Day Fair." S.A.V.E. is presently looking for businesses or organizations to participate.

If you work for or know of a business or

organization or anyone that has anything to do with the well-being of animals or the environment, you are invited to participate or join in on the fun. There will be a special section of crafts for children while the adults mingle.

Members of S.A.V.E. ask you to please contact Mrs. Bertone-Gross at Agawam High School or at pbertonegross@yahoo.com if you are interested or have any questions about the fair as soon as possible.

S.A.V.E. is trying to make this a successful event that could happen every year with your help. It will be a time to share knowledge about the environment and the problems that have come about, as well as the problems that can be solved with a little help.

S.A.V.E. looks forward to hearing from you in the near future.

Agawam High School Guidance Bulletin

COLLEGE ACCEPTANCES: Congratulations!
Paul Johnson: Springfield Technical Community College

Eric Mancini: Roger Williams University, Mount Saint Mary College

Valerie Cross: Sacred Heart University

Gina Loudfoot: Holyoke Community College, Springfield Technical Community College

Amanda Sternowski: American International College

Elizabeth Sussman: University of Massachusetts

Nicole White: Holyoke Community College

Jessica Irby: Springfield Technical Community College, Holyoke Community College

Jason Rheaume: Springfield Technical Community College, Holyoke Community College

Lauren Kunkler: College of St. Rose

Jeff Maynard: Springfield Technical Community College

Donald Berthiaume: Springfield Technical Community College

Pam Gervais: Northeastern University, Quinnipiac University

Jim Borowiec: Rochester Institute of Technology

Jessica Siegler: Westfield State College

Lori Clark: Holyoke Community College, Springfield Technical Community College

Tammy Norton: American International College

Steve Ferreira: University of Massachusetts at Dartmouth

Kristen Kocot: University of Massachusetts

Nick Griffin: Springfield Technical Community College

Adam Howe: Westfield State College

Michael Sullivan: Springfield Technical Community College

Jennifer Harvey: University of Massachusetts, University of Massachusetts at Dartmouth, Salem State College, Westfield State College

Doug Donaldson: Fitchburg State College, Bridgewater State College

Ryan Morgan: Western New England College, Fordham University

Alyssa Gagnon: Westfield State College

Ann Paquette: Quinnipiac University

Scott Harris: Indiana University

SCHOLARSHIP: See your counselor for more information or an application.

Seniors who were unable to attend the Scholarship Fair and would like to obtain local scholarship applications should see Mrs. Tirone or Mrs. Spangenberg in the guidance office.

For photo coverage in The AAN, call us at 786-7747 or 786-8137; however, please give us at least 72 hours' notice...

Happy 16th Birthday, Brian!



Love,
Mom & Dad

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Agawam Area Students Achieve Honors At The MacDuffie School

The MacDuffie School announces that the following Agawam area students have achieved honors during the first semester of the 1999/2000 academic year.

MAXIMUM HONORS

(Achieved with a Grade Point Average (GPA) of 92.0 with no grade lower than an A- in a yearlong course and no grade lower than a B in a semester course.)

Stefanie Goyette of Feeding Hills, Grade 11

HIGH HONORS

(Achieved with a GPA of 88.0 with no grade lower than a B in a yearlong course and no grade lower than a B in a semester course.)

Melody Serafino of Feeding Hills, Grade 11; Jennifer Dobise, Emilie Tami, both of Feeding Hills, Grade 10.

HONORS

(Achieved with a GPA of 82.0 with no grade lower than a B- in a yearlong course and no grade lower than a C-plus in a semester course.)

Michael Ratkiewicz of Agawam, Grade 12; Kathleen Ratkiewicz of Agawam, Grade 8; Amanda McCabe of Feeding Hills, Grade 7.

EFFORT HONOR ROLL

(Achieved by those students not previously mentioned who have effort grades of 1 or 2 in all of their academic courses.)

Nicole DeCesare of Agawam, Grade 10; Rebecca Dempsey of Agawam, Grade 8; Douglas Dreyer of Feeding Hills, Grade 6.

The MacDuffie School, established in 1890, is an independent, co-educational college preparatory day school for students in grades six through 12.

Jennifer Thibodeau Attains Dean's List At Syracuse University

Jennifer Thibodeau of Feeding Hills, a sophomore majoring in inclusive elementary and special education, was among students enrolled in Syracuse University's School of Education named to the Dean's List for the 1999 fall semester.

To qualify for the Dean's List, students must achieve at least a 3.2 grade point average (on a 4.0 scale) during the semester.

The School of Education at Syracuse University prepares students to become professional educators by effectively blending research, teaching, and service into the curriculum.

Students benefit from a wide range of opportunities to perfect their professional skills in on-campus clinics and off-campus student teaching assignments. Nationally prominent researchers and scholars and innovative professional programs have placed Syracuse among the top-ranked education schools in the country.

Patrick Kelly Named A Winner In Tools For Tomorrow Prog.

Patrick Kelly, a senior at Agawam High School studying Culinary Arts at Vocational and Technical Education Center in Chicopee, has been named a winner in the 1999-2000 Tools for Tomorrow All-American Vocational Student Awards (AAVSA) program.

Kelly, of 42 South Brook Lane, Agawam, will receive a personalized award certificate and a \$100 gift certificate redeemable at any Coast to Coast, ServiStar, or True Value store. Kelly is one of more than 1,500 vocational technical students from across the country who were chosen to receive this honor.

Since its inception in 1992, Tools for Tomorrow has honored nearly 16,000 students with more than \$1.85 million in scholarships and awards. This year, nearly \$200,000 will be awarded to outstanding vocational technical students in local communities.

The All-American Vocational Student Awards recognize high school students who achieve standards of excellence in vocational and academic skills in their school programs, and who exhibit leadership in their communities.

A nationally acclaimed program supporting vocational technical education, the AAVSA is only one part of Tools for Tomorrow. In addition to recognizing students in the AAVSA, participating Coast to Coast, ServiStar and True Value retailers also provide discounts and donate materials to vocational students, offer internship opportunities, spearhead community service programs, and sponsor SkillsUSA-VICA's annual National Skills Competition in Kansas City, Missouri.

Tools for Tomorrow is sponsored by Master Mechanic tools, a high quality brand of hand and power tools primarily available at Coast to Coast, ServiStar, and True Value stores. Master Mechanic products include plumbing, electric, automotive, and construction tools and accessories.

SAT Preparation Course To Be Taught At Agawam High

An SAT preparation course will be taught this spring at Agawam High School under the auspices of the Agawam Evening School.

The tuition for the course is \$75, payable prior to the first class on Wednesday, March 15th. Checks are to be made payable to the AGAWAM EVENING SCHOOL.

The class will meet on Wednesdays only and will be limited to the first 40 JUNIORS who register for the course. The seven meeting dates and times are as follows:

March 15th, 22nd, 29th, April 5th, 12th, and 26th, and May 3rd from 6:30-9:00 p.m.

The SAT will be administered for juniors on Saturday, May 6th.



BRANDAN C. ORSATTI

Brandon C. Orsatti Is A Top 10 Wrestler

Brandon C. Orsatti, a junior at Suffield Academy and three-year varsity letterman, has been ranked among the top 10 wrestlers by the New England Independent School Wrestling Association in preparation for the upcoming New England Championships at Phillip-Exeter Academy in Exeter, New Hampshire.

Orsatti placed third at 135 pounds at the Western New England Independent School Championships held February 26th-27th at Hopkins Academy in New Haven, Connecticut.

An honor student, Orsatti also plays varsity football and varsity lacrosse. He is the son of James and Carol Orsatti of Agawam.

Nicholas Devanski Is Studying In Australia

Nicholas Devanski, a 1997 graduate of Agawam High School and a junior at Bentley College in Waltham, Mass., majoring in finance, is presently attending Carlton College in Melbourne, Australia, in the Student Exchange Program.

Nick is the son of James Devanski of Agawam and Pam Desautels of East Longmeadow, and sister to Amy Hebert of East Longmeadow, a 1991 graduate of Agawam High.

Christopher Olson On Stonehill's Dean's List

Christopher Olson of Feeding Hills, a junior at Stonehill College, has been named to the Dean's List for the Fall 1999 semester.

Stonehill College, a four-year liberal arts institution, was founded in 1948. The College is located on a 375-acre campus in historic Easton, Mass.



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Family Considerations®

Registration And Screening For New Kindergarten Pupils

The Agawam Public Schools will be conducting registration and screening of children entering kindergarten in September 2000.

Children who will be five (5) years of age prior to October 1st are eligible for enrollment in kindergarten in September.

Chapter 766, the Massachusetts Special Education Regulations, requires that each school district provide services for identifying children with special needs. Screening is not a test nor an in-depth evaluation, but an observance of how a child is growing in different areas of development.

A screening team, composed of specialists, will be observing the children's development in several areas, namely: Speech, Language, Gross and Fine motor, Behavior and Physical Development. This process will be completed during the kindergarten registration which will be held at the elementary schools.

Screening dates are as follows:

- * Clark School - April 6th & 7th.
- * Granger School - April 13th & 14th.
- * Phelps School - April 27th & 28th.
- * Robinson Park School - May 4th & 5th.

Parents who have not already contacted their neighborhood school should do so immediately. Children will be screened by appointment only.

Spring Parents' Night Slated For March 13th At Agawam Jr. High

The Agawam Junior High School will conduct its annual Spring Parents' Night on Monday evening, March 13th, from 7:00-9:00 p.m.

All parents of seventh and eighth grade students are welcome to attend the annual conference night, which features brief meetings with teachers and staff members.

Classroom secretaries will schedule five-minute appointments with individual teachers that evening.

The Spring Parents' Night is an excellent opportunity for parents to visit the school where they may review their child's academic progress.

Area Students Attain Honors At St. Mary's

St. Mary High School is pleased to announce the names of those students from the Agawam and Feeding Hills area who made Honors for the second marking period. They are:

SENIORS: Andrea Stevenson (Second Honors). JUNIORS: Keith Sullivan, Brendon Pohner, Sarah Zingarelli (First Honors); Jonathan Sansoucy, Anne-Marie Audette (Second Honors).

SOPHOMORES: Brianna Maroni (First Honors); Taryn Albano, Aaron Wyman (Second Honors); Daniel O'Neill (Commendation).

FRESHMEN: Elizabeth Haire, Kevin Welch, Johanna Masotti (First Honors); Mary Elizabeth Jamroz (Commendation).

Information Night On Tues., March 14th, At Clark School

In preparation for Agawam's Kindergarten Registration, a Parent Information Night will be held on Tuesday, March 14th at 6:30 p.m. at Clark School.

Parents of all children entering kindergarten in September 2000 are invited to attend. The program will be to answer questions parents might have in regard to their child entering school in September.

Children who will be five (5) years of age prior to October 1, 2000 are eligible for enrollment in kindergarten in September.

Rebecca Wing Attains Dean's List At Quinnipiac College

Rebecca Wing of Feeding Hills has been named to the Dean's List for the fall semester at Quinnipiac College in Hamden, Connecticut.

*Best local news
with us...
AAN!!!*

John Higgins III Named To Dean's List At Providence College

Agawam resident John Higgins III, a senior biology-science major, has been named to the Dean's List at Providence College for the fall 1999 semester.

To achieve Dean's List status, a student must attain a 3.25 or higher grade point average on a 4.0 scale, with no grader lower than a "C."

Providence College is the only college or university in the United States operated by the Dominican Friars. The Catholic, liberal arts college has an undergraduate enrollment of approximately 3,800 students and offers degrees in 34 academic majors.

For the last five years, Providence College has been ranked among the top three regional universities in the north, according to the U.N. News' publication "America's Best Colleges." Providence achieved the number two position in the year 2000 edition of the popular college guidebook.

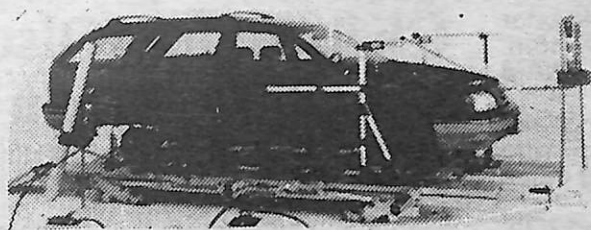
Local Students On Dean's List At Boston University

Jennifer C. Giroux of Agawam and Jennifer L. Zerra of Feeding Hills have recently been named to the dean's list at Boston University for the fall semester.

Boston University is the third largest independent university in the United States, with an enrollment of nearly 30,000 students in its 15 schools and colleges.

The University offers an exceptional grounding in the liberal arts, a broad range of programs in the arts, engineering, science and professional areas, and state-of-the-art facilities for teaching and research.

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Sports

Girls' Hoop vs. ELM...

Brownies Bow To Spartans In Quarter-Finals In East Longmeadow

by Dave Rollins
Sports Editor

The Agawam High—East Longmeadow High girls' Division I quarter-final basketball game at the Spartans' place last Saturday evening was typical tournament hoop - a lot of energy, fans, and for Agawam, at least, frustration.

The fifth-seeded Brownies fell, 51-43, to their fourth-seeded foe. From the get-go, it was obvious the Spartans, because of their height advantage, were going to go low. They were also going to press on defense at every opportunity. "Yeah, we knew those two things were pretty much a given. They hurt us in both departments," Coach Lou Conte admitted afterwards.

One of the key kids at breaking the press and playing some solid defense, senior Jen Lyman, didn't start in this one. The senior was nursing a bum left knee she'd sprung last week in practice. "Just some slight ligament damage. Nothing serious, but she'll have to wear a wrap," trainer Dave Stratton said. Lyman saw only spot action in the game as junior Keegan Clark pulled most of the duty for her.

Agawam Jumps To Early Lead

Agawam jumped out to an early 6-4 lead. They went up 9-8 on a junior Liz Stieg three, with 6:30 gone. Stieg, who would have seven (count 'em, seven) treys in the game, including four straight in the second half, was one reason East Longmeadow didn't run away with things. Center Laura Bucalo and sophomore reserve point guard Jenna Shea hit four consecutive foul shots on two Agawam possessions, making it 13-8, Agawam with 8:31 left. Stieg, shooting lights out from her favorite place on the floor (just outside the stripe on the left wing), drained another mortar shot for a three and the Brownies were sitting pretty, 16-8 at the 7:36 mark.

Spartan Coach Eddie Polk, Jr. had seen enough for the moment and called a time-out to settle down his troops. They came out after the break in a full-court trap press. That defensive pressure forced Agawam to give up two quick hoops and

the visitors' lead shrank to 16-12. Stieg hit her third three in a row and Agawam got some wiggle room at 19-12. But the Spartans were beginning to find their stride. Two deuces off the offensive glass saw the Agawam lead shrivel to 19-17.

EL tied it at 21 with 2:44 left in the half. Senior Kate Shannon drained a deuce and Agawam had the lead again, 23-21. But the Spartans were still pressing and their post-up game, behind 6-foot freshman center Liz Ryan (16 points, 10 rebounds) was starting to take its toll. Four straight points to cap a 17-7 run had East Longmeadow up, 25-23 at the half. Agawam would never lead again in this one.

Twenty-seconds into the second half, the Spartans, going inside, tossed up a two. Their trap press was giving the Brownies a migraine as they tried to bring the ball up the floor. A six-0 run saw them up, 31-23, with two minutes off the clock. A Jill Gendron (point guard) deuce was followed by a Stieg three from the right point and the Brownies were back in it, 31-28 with 4:05 gone.

Four Straight From Way Downtown

That three-pointer was part of four straight for the junior from way downtown. Her heroics saw the score vacillate from 35-33, 37-36, 39-36, and 42-39 at the 6:44 mark. Unfortunately for the Brownies, every one of the above was a deficit.

East Longmeadow didn't crack under the barrage. They calmly kept working the paint, patiently getting a deuce for every Stieg long bomb.

The Spartans got four, increasing their lead to 46-39 with 6:01 left. This was almost like wrestling, hockey, and basketball all rolled into one intense package. Bodies hit the floor with regularity. Kids were fighting for the ball like it was filled with answers to the final exams. East Longmeadow had the second half shooting edge, mostly from underneath at 10-18 as opposed to Agawam's 6-21. Those numbers helped the hosts

SEE GIRLS' HOOP - Page 36...

Hockey vs. Longmeadow...

AHS Falls To Lancers In The First Round

by Dave Rollins
Sports Editor

About the only thing that went right for the Agawam High hockey team in their first round Division III tournament game last Friday night against Longmeadow was the fact that they found Orr Arena.

The Brownies, seeded 12th, fell big-time to the fifth-seeded Lancers, 9-0. "Absolutely nothing went right for us. And they were cooking on all cylinders," Brownie Coach John Cirelli said. That fact was a sure recipe for disaster.

Agawam's zone broke down early. Longmeadow's first score came at the 3:54 mark of the first period off the stick of one of the top scorers in Western Mass., Jon Liro-Hudson. The junior would have two in the game to raise his total to 17. His two assists gave him 20 to that point in the season.

Less than a minute later, the Lancers scored again on a blast from 20 feet in front to beat senior goalie Derek Mercadante to the glove side.

Then, at the 7:13 mark, another Longmeadow score made it 3-0. "I knew we were in trouble then," Cirelli admitted.

The Brownie defense, led by senior Brian Gilhooly and junior Adam Sprague, was able to stop the bleeding for the rest of the period. But the offense, usually high-powered, could do nothing against the Lancers' defenders, who were backed up by a solid performance courtesy of senior keeper Jerry Grondin (13 saves) before being relieved by sophomore Darren Duke in the third period. "Grondin is a tough guy to beat. He's one of the best in Western Massachusetts," Cirelli noted.

A Carbon Copy Of The First

The second period seemed like a carbon copy, then some, of the first. This time, 2:47 had ticked

SEE HOCKEY - Page 36...

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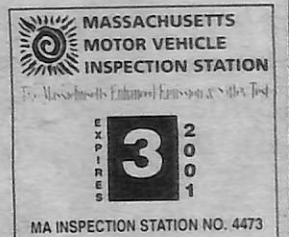
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GIRLS' HOOP - from Page 35...

to a 13-6 run with 4:50 to go, which would prove just too much for Agawam to answer.

East Longmeadow would end the game much as it started it - in a press. Agawam tried a press of its own with time fading fast. But by then, the hosts were getting ready to celebrate their first playoff victory in a while.

Conte would comment later: "We had a great season. They just had a little too much for us." Agawam finished at 11-10. East Longmeadow went to 14-7. At presstime, they have a semi-final date, Wednesday at AIC against mighty Minnechaug, the Division I top seed. The three-time defending Western Mass. champs are 21-0 after beating Pittsfield in the first round.

AGAWAM INDIVIDUALS: Gendron - 10 points, 5-20 FGS, 0-4 three-pointers, 2 off REBS; Clark - 2 points, 1-5 FGS, 1 OFF; Lyman - 0 points, 0-3 FGS, 2 off REBS; Shannon - 2 points, 1-1 FGS, 0-1 three-pointers; Benton - 4 points, 2-4 FGS, 1 off REB; Stieg - 21 points, 7-11 FGS, 7-8 three-pointers, 1 REB; Shea - 2 points, 0-1 FGS, 2-2 FTS, 1 off REB; Taylor - 0 points, 0-6 FGS, 7 REBS, 2 OFF; Bucalo - 2 points, 0-4 FGS, 2-2 FTS, 1 off REB.

TEAM: 16-56 FGS (28 percent), 4-4 FTS, 7-13 three-pointers (53 percent), 19 REBS, 10 OFF, 9 turnovers - 2 points allowed off TO's.

ELM TEAM: 23-46 FGS (50 percent), 4-10 FTS (40 percent), 1-2 three-pointers, 1 REB, 5 OFF, 10 turnovers - 4 points allowed off TO's.

HOCKEY - from Page 35...

off the clock when Longmeadow scored its fourth goal of the game out of a melee in front of Mercadante (off the stick of B.J. Williams, who had three scores to raise his goal record to 23 in the tough Berry Division).

Longmeadow also lit the lamp at 5:37, 9:01, and 13:02. The scores came off action around and not too far from the crease as the Agawam defenders backed in on Mercadante.

The third period saw a new Brownie in goal, freshman Ryan Zaczynski. Longmeadow scored on him two minutes in. After that, the Brownies basically held their own. They had some opportunities, though not many. Some shots hit the post. Others were just wide. "We were pretty much out of it. But we wanted to put a goal or two on the board to make things somewhat respectable," the coach said.

Longmeadow scored its ninth at the 14:14 mark. Agawam finished the year at 11-10. "We had a very good season. I wish this game had been closer for our seniors. That's a tough way to go out," Cirelli said. Then he added, "Everyone worked very hard this season. I'm proud of all of them."

* * *

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* * *

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Dave Moore To Compete At Wrestling Nationals

by Dave Rollins
Sports Editor

Dave Moore from Agawam High is certainly getting all the mileage he can out of this schoolboy wrestling season. The 119-pound All-Western Mass. champion, State champion, and All-State runner-up was on the road again last weekend, at the New England Championships in Lowell.

"Things keep getting tougher the further you go in the various competitions," Agawam wrestling Coach Kirk Parker, who travels with Moore, said.

And this one was by far the toughest to date. Moore won his match in the pigtail preliminaries with a pin at 1:23 over Shaun Ross from Mount Anthony, New Hampshire.

He had another preliminary battle after that and won again, with a 9-4 decision over Eric Deangelis of Milford, New Hampshire.

Then things started to become a meatgrinder for the kid. He lost a 9-4 battle in the semifinals to Darly Buttrick of Marshwood, Maine. Moore was then eliminated in the consolation round, 7-3 to Eddie Santaigo from Harding, Connecticut.

But it's still not over for the Brownie star. He has March 24th, 25th, and 26th in Pittsburgh at Duquesne University coming up, where he'll compete in the Nationals. It doesn't get any better than that.

But there is a catch, according to Parker. "By that time, Dave will be involved in lacrosse. If he goes to the Nationals, he'll need to get a waiver from the Massachusetts Interscholastic Athletic Association because the two sports will cross over each other. Right now, we're not sure just where things stand in that department."

If Moore does indeed attend the events in the Steel City, it will be the first time for him and also his coach.



DAVE MOORE

* * * * *

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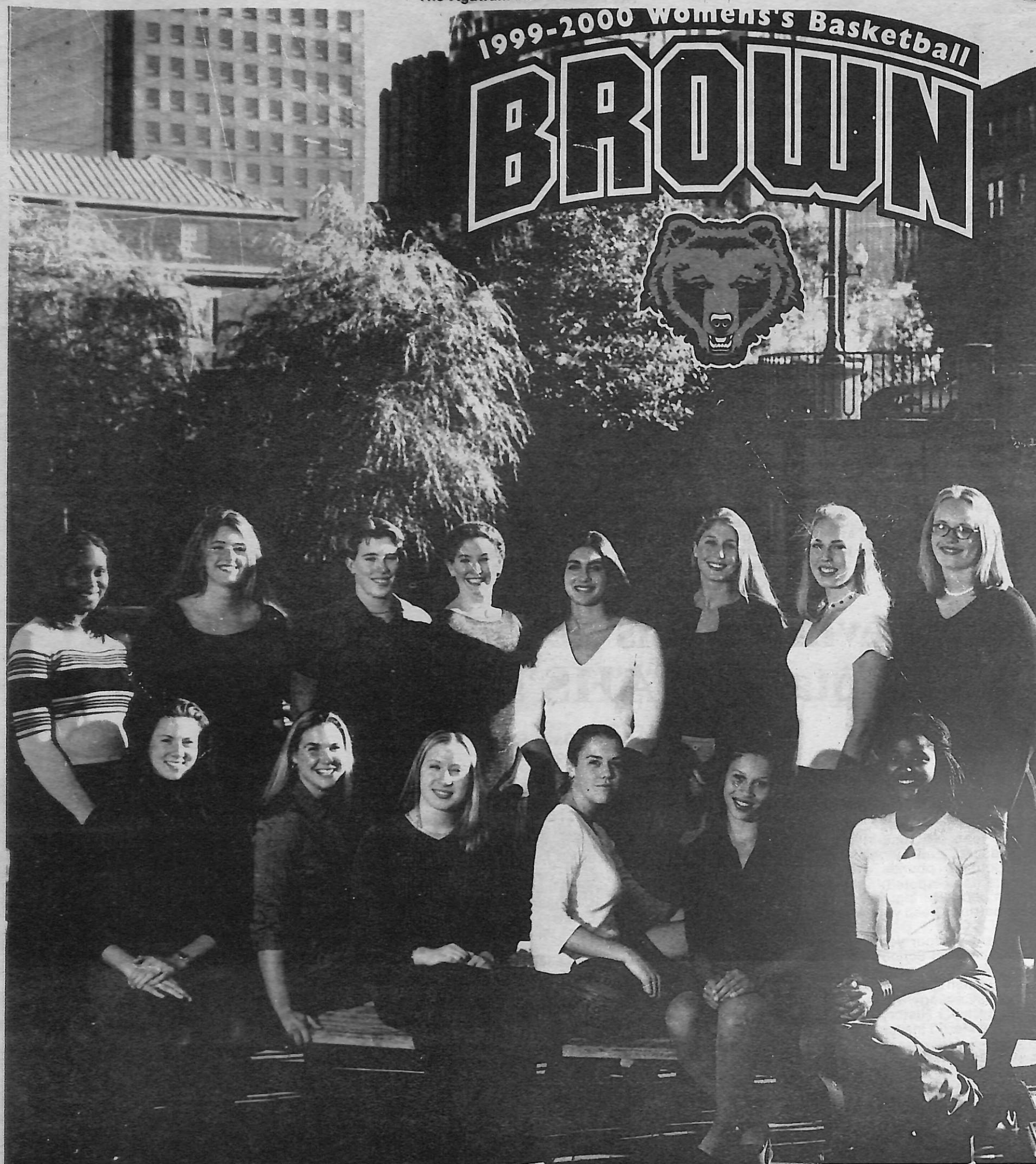
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BARBARA MALONI (seated, holding the basketball), a 1999 graduate of Agawam High School, has just finished her freshman season as a member of the Division I women's basketball team at Brown University in Rhode Island. By the end of the Bears' 1999-2000 campaign, Maloni was named the Ivy League Rookie of the Week for the fourth consecutive week and the fifth time during the season.

Maloni Finishes Outstanding Freshman Season At Brown

by Dave Rollins
Sports Editor

Very few people doubted that when Barbara Maloni took her considerable hoop skills to the next level, she would continue to excel. Maloni, who just finished up her freshman basketball Division I season at Brown University in Rhode Island, didn't disappoint. The 5'9" shooting guard, who poured in 1,685 points in her four-year career as an Agawam High Brownie, continued to burn up the twine for the Bears.

The campaign ended with Maloni being named the Ivy League Rookie of the Week for the fourth consecutive week and the fifth time during the season.

Part of the continuing recognition had to do with Brown's next-to-last game of the year against visiting Pennsylvania. Barbara thrilled the home

folks by draining 40 points in a 92-83 overtime win. That particular performance in a season of memorable ones set a new school scoring record. She also set two other records against the UPENN Quakers - free throws made with 16, and free throw attempts at 23. Barbara also shot 57 percent from the floor. The following night, she scored 17 points and grabbed five rebounds in an 85-57 loss to Princeton.

BEARS' LEADING SCORER

Maloni finished her freshman year as the Bears' leading scorer with 473 points in 28 games for a 16.9 average. In Ivy League play (14 games), she popped in 283 (20.2 PPG). She scored in double figures 22 times during the season. Some of her more impressive performances included 30-point

efforts against both Cornell and Harvard and 25 points at UMiami in the Gatorade Hurricane Holiday Classic (where she totaled 34 points, eight assists, and four steals to earn All-Tournament honors). She also averaged 3.6 rebounds, 2.8 steals, and 2.3 assists per game.

The Brown women's basketball team finished the 1999-2000 season with a 9-19 record. They were 4-10 in Ivy League play. According to Julie Bettencourt of the Brown sports information office, the team suffered a myriad of injuries that saw them starting two freshmen and three sophomores as the season wore down. "Basically, we only had six healthy players in the end," she noted.

Fortunately, Barbara Maloni was one of them.

Lynda Kunasek Receives Prestigious Teachers' Award

by Dave Rollins
Sports Editor

Agawam High School three-sport Coach Lynda Kunasek recently received a most prestigious award. The veteran of nine years coaching junior varsity soccer, freshman basketball, and junior varsity softball at AHS was selected for inclusion in the sixth edition of "Who's Who Among America's Teachers, 2000."

It's an award which one can only receive by being nominated by high school or college students who have been cited for academic excellence themselves, including being members of the "Who's Who Among American High School Students" and on the Dean's List as well. They are invited to choose one teacher from their entire academic experience.

Jess Dutton, a 1999 graduate who was the AHS varsity girls' soccer captain in the 1998 season (and a member of "Who's Who"), nominated Kunasek.

"Coach Kunasek isn't a teacher. She has her own business. My family has known her for years. I had her for two years as my soccer coach. She has been an inspiration to me. And even though technically Coach Kunasek isn't a teacher, she was certainly one to me," Dutton told us. She sent

in Kunasek's nomination a year ago. "There is no one I can think of that is more deserving than Coach Kunasek," the former Brownie noted.

Kunasek has quite a resume at AHS. She coached freshman girls' soccer for two years and currently is the JV girls' soccer coach, a position she's held for five years. She has coached freshman girls' basketball for nine years and JV girls' softball for nine years as well. Her responsibility is to teach the games respective to her players, something she has done very well in her time at the school.

Kunasek admitted she was pleasantly surprised about receiving the award. "I never went to college and am not a teacher per se. But I'm honored to be viewed that way. I've overcome some adversity in my life. Jess has had some as well, and is overcoming it. She thought of me. I'm honored if I helped her in any way.

"If I made a difference in her life, or any kid's life that I've coached, then the hard times have been worth it," Kunasek noted.

Kunasek will be welcoming prospective candidates for JV softball when the 2000 season gets underway with tryouts that begin on March 20th.



LYNDA KUNASEK

Kevin Grealis — A Hard-Working Captain Of AHS's Wrestling Team

by Dave Rollins
Sports Editor

Kevin Grealis has been a mainstay of Agawam High wrestling for a couple of seasons. Recently, the senior took some time out to talk about his days at AHS.

Kevin is 18 years-old. His birthday was October 8th. He stands 6'1" and weighs in at 170 pounds, which is about 10 pounds over his wrestling weight, where he competed in the 160's. "That's okay," he smiled. "During the wrestling season you have to battle to keep your weight down. Now I can eat."

He has spent all four years of his secondary education at the High School. He has fulfilled all his requirements for graduation, so his current course load is light. He's taking practical law, fitness, and psychology. He's a member of the Renaissance Club. History was his favorite course. Edward Merrill (psychology) is his favorite teacher.

Kevin will be attending Western New England College in the fall. He'll major in criminal justice. Also, he plans to play lacrosse for the Golden Bears.

His two sports at AHS are wrestling and lacrosse. He had 17 wins this season on the mat, including 14 pins. He was all-league last year in lacrosse as a defender. He likes lacrosse the best and is eagerly awaiting the start of the season, which is about 10 days away from the start of training camp.

His most memorable sports moment came in lacrosse. "Last year, we made the playoffs for the first time since our program became a varsity sport. We played Minnechaug, which is a very tough team, and lost. But being in the playoffs was special," he noted.

His take on the recently completed AHS wrestling season went like this: "Overall, it was a good one. We had some injuries at key times, which didn't help. We beat West Side in a dual meet, which is always great."

On lacrosse, he had this to say: "We only lost three kids to graduation last year and have a lot of experienced players coming back. I think we'll be a strong contender for the league title."

Kevin's favorite food is steak, which will make more appearances on his plate now as he bulks up for lacrosse.

Blue is his favorite hue.

A Ferrari would be his choice in wheels.

The Pittsburgh Steelers are his favorite team. "I like them because of their running back, Jerome Bettis," he smiled.

When Kevin kicks back, he says it's usually at his house with his friends.

Casual and comfortable is the way he describes his taste in clothes, which he buys up at the Holyoke Mall.

Classic rock suits his taste in tunes. Aerosmith, led by Steven Tyler, is his favorite group.

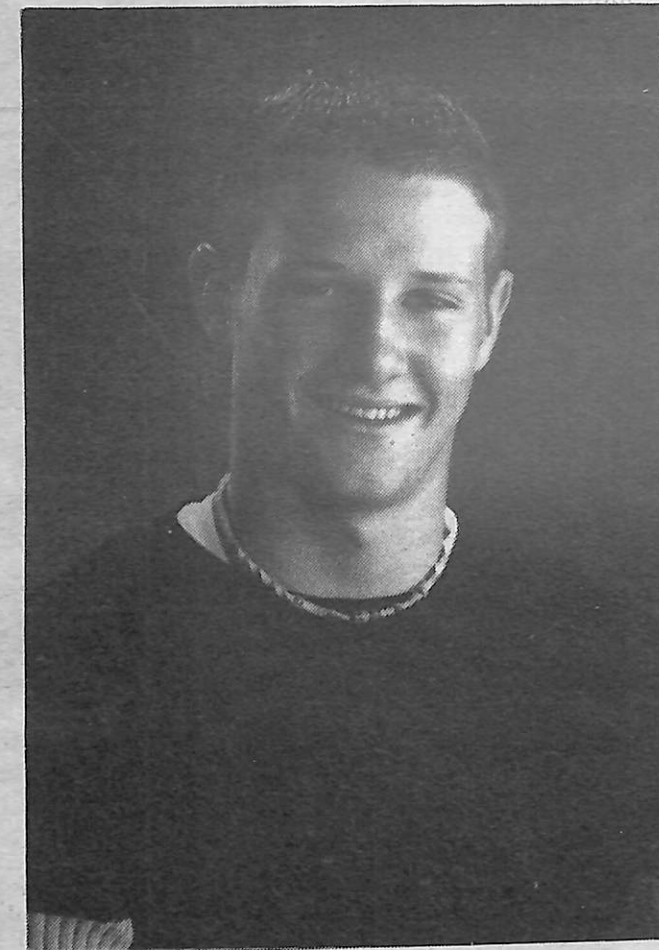
"King of The Hill" tops the tube for him. The classic movie about high school wrestling, "Vision Quest," is his favorite flick.

Dan is his dad. Marge is his mom. He has a brother, Ryan, who attends WNEC and was an excellent wrestler for the Brownies a few years ago. He also has a sister, Tara, also a student at WNEC. As a matter of fact, his dad attended WNEC as well. So, they keep their college all in the family.

Kevin says his dad is the person he looks up to the most.

"I'd like to be remembered at Agawam as a nice kid who gave everyone a chance and got along well with people," he said, pondering his legacy at AHS.

Kirk Parker is his wrestling coach, and said this about Kevin: "We had a good season and part of it had to do with Kevin's performance. There were times we counted on him to get us crucial points. And he did. He's a hard worker and earned the right to be named as one of our four captains."



KEVIN GREALIS

* * * * *

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Ball Hogs Defeat Westfield, 4-1, In MYISL's 2nd Session

On Sunday, February 27th, the U-11 Agawam Ball Hogs, under the instruction of Coach Tony DePalma, defeated Westfield with a score of 4-1 in the second session of the MYISL at the Coliseum to be named the champions.

Ending the season with a 6-1 record, the Ball Hogs first faced Suffield in the semifinals on Saturday, February 26th, beating them 9-5. The strong talents of every member of the team contributed to this success.

On the front line, players Anthony DePalma, Ryan Wytrych, Anthony Costa, Chris Alvanos, and Zachary Smith scored the goals by maintaining good control over the ball and assisting each other, while sweepers Steven Carmody, Tommy Albano, and Sean Conway further supported the dominating Ball Hogs.

The relentless defense by Steven Donah, Chris Wyman, Randy Holmes, Adam Witte, and Jonathan Melendez made it very difficult for the opposing team to get close to the Ball Hog's goal. However, when shots were taken, goalie Carmino Bonavita was in the right place to block the ball and make those awesome plays.

Congratulations, Ball Hogs, on a great start to the millennium!



MEMBERS OF THE U-11 AGAWAM BALL HOGS: back row — Coach Tony DePalma, Sean Conway, Adam Witte, Jonathan Melendez, Anthony DePalma, Steven Carmody, Steven Donah, and Ryan Wytrych; front row — Thomas Albano, Chris Wyman, Randy Holmes, Carmino Bonavita, Chris Alvanos, Anthony Costa, and Zachary Smith.

Youth Lacrosse Clinic For Boys Offered By Agawam Parks & Rec.

This three-day lacrosse clinic will be for boys in grades 5-8. Come prepare for our youth lacrosse clinic, where teams will be split into separate divisions for boys in grades 5 & 6 and for boys in grades 7 & 8.

Days: Monday, Tuesday, and Wednesday.

Dates: March 13th, 14th, and 15th.

Where: High School Gymnasium.

Time: 6:00 p.m. to 8:00 p.m.

Cost: \$20.

Registration is now taking place at the Agawam Parks & Recreation Office, and will also take place at the clinic on the first evening.

* * * * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

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Outdoors New England

by Kent Servis
Outdoor Writer

Politics And Fishing...

On Friday, March 3rd, I had the opportunity to sit down with one of the most influential people in the fishing world. No, it wasn't a well-known senator or congressman; it was the Executive Director of the Recreational Fishing Alliance, Mr. James Donofrio.

The Alliance has an important job ahead, as the pressure on the fisheries continues unabated. Since 1976, the recreational community of fishermen and businesses has been left out of the management process.

The federal agencies that oversee the management of the commercial fishery are appointed by politicians and have allowed the commercial interests to absolutely rape the resource to the point it is at now.

The over-harvest of many species has resulted in such few numbers of fish that the stocks may have slipped below the minimum sustainable breeding population.

An almost extinction that is fueled by big-money interests. But, when it comes to controlling the "quota" of how many tons of these fish may be taken, guess who gets the lion's share of the quota reduction? It's the recreational angler who bears the brunt of reductions in restricted season and bag limits.

The recreational harvest is virtually insignificant when compared to the commercial harvest. The bureaucrats can whack the recreational angler with draconian restrictions, and get a pat on the back from the commercial big-money interests (who slip by unscathed). Then these politicians and bureaucrats tell the public that they are reducing the fishing pressure, point to the new rules aimed at recreational fishermen, and pronounce success.

In the meantime, they are spending millions of tax dollars to bail out the commercial fishing industry. The problem is that the very people who have created the problem are now being subsidized as a reward for their destructive practices.

The Recreational Fishing Alliance is out there fighting for YOUR rights on Capitol Hill and elsewhere! They deserve your support, both financially and at the "get involved" stages of the battle for YOUR fish.

For more information, call the R.F.A. and get involved or have your fishing club become a sponsor or member. The number to call is 1-888-SAVE FISH.

STRIPERS COMING SOON

Striped bass action in the Thames River has been running hot and cold, but the catch is improving. Nathan and Ian Dudek of Southwick scored some nice fish while with their dad on a Thames River trip last week. The two brothers caught and released about three dozen fish in two hours. Their dad, Errol, caught the two happy anglers on film.

By the middle to the end of the month, schoolies and a few larger bass may have moved upriver locally. The Enfield dam, a traditional hot spot for shad, will be seeing action on linesiders shortly. Get ready, the time is upon us.

ICE WARNING

Some of the ponds in the higher elevations and traditionally colder areas of the Berkshires and the north country still have ice coverings. Particular caution should be exercised by those wishing for "just one more" ice fishing trip. The warm spell has rotted much of the ice in various locations. Areas with current, spring holes, etc., should be test-drilled in shallow water before venturing out. At this point, I have put away the ice gear and have opted for fishing the open water that is now available.

Have a safe and enjoyable week.

* * *

Kent Servis' "Outdoors New England" is a regular feature of the ADVERTISER NEWS and is just one more reason why you turn our pages each and every week...

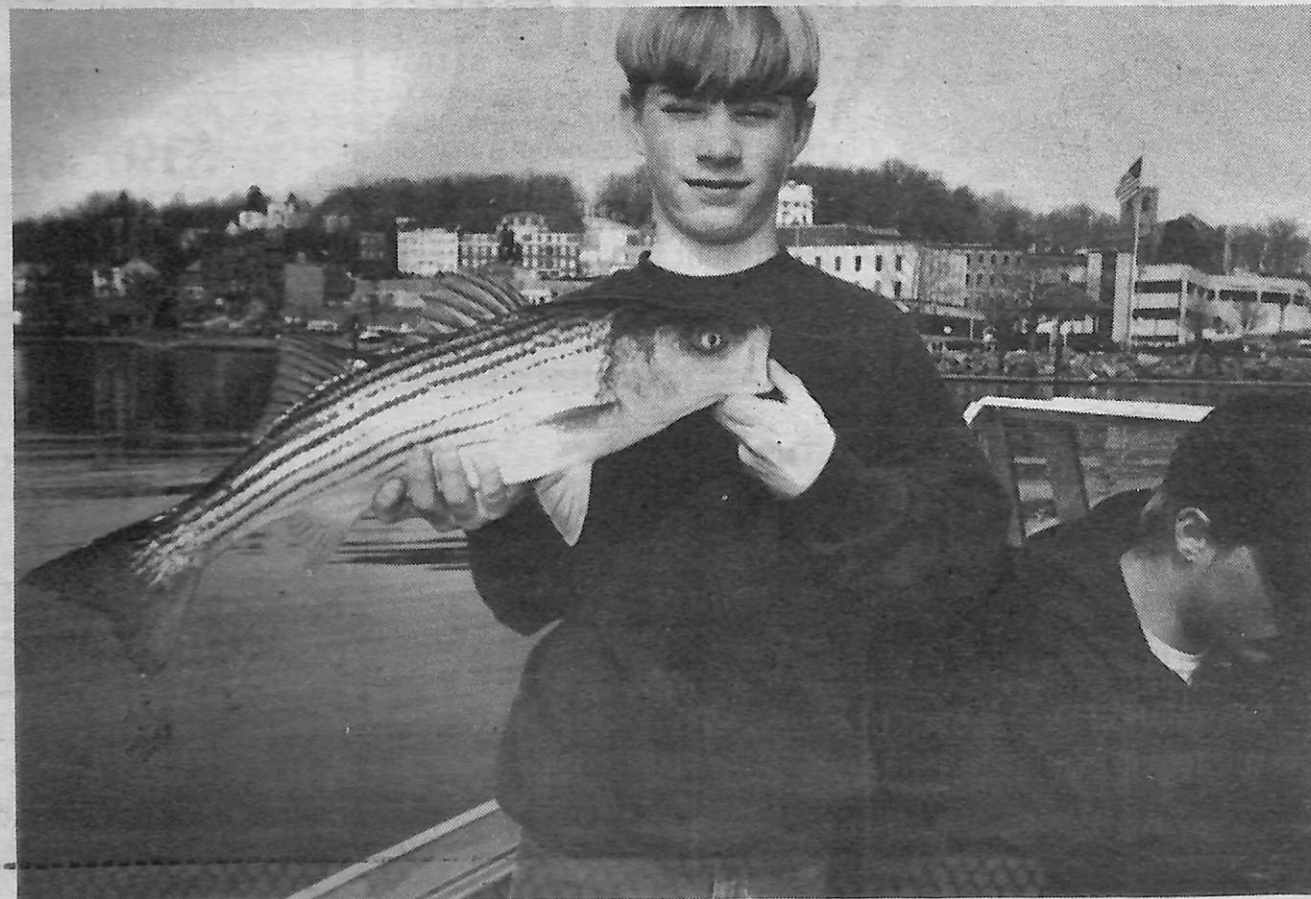
Agawam Riverfront Gains Attention...



AGAWAM MAYOR RICHARD COHEN AND CITY COUNCILMAN KENT SERVIS take a close-up look at some of the fish that are found in the Connecticut River. The giant aquarium was part of the display at the Springfield Sportsman's Show held recently at the Big E in West Springfield, MA. Pictured above are Philip Cohen (Mayor Cohen's father), Springfield Sportsman's Show promoter Doug Sousa, Mayor Cohen, and Servis. The riverfront development is important to Agawam and the whole valley. It must be done in a manner that is responsible to preserving the historic nature of the waterway. Servis serves in the unpaid position of Asst. Harbor Master for the Town. He received the "Conservationist of the Year" award from the North American Bass Fish Association for his work in promoting and protecting the Connecticut River. Advertiser News photo by Kathy Shepard.



LAST WEEK, Ian (above) and Nathan Dudek (below) of Southwick, along with their dad, Errol, went on a fishing trip on the Thames River in Norwich, Connecticut. Both brothers caught about three dozen fish in two hours. (If you want to know their secret, you'll have to catch up to them on the river!)





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SHAUNESSY EGAN

Shaunessy Egan & Rebecca White Receive Letters For Swimming

Shaunessy Egan and Rebecca White of Feeding Hills have each received a varsity letter following the 1999-2000 Bridgewater State College women's swimming season. The Bears were coached by Ann Murray, in her fourth season at B.S.C.

Shaunessy is a graduate of Agawam High School, where she participated in swimming. She competed in the backstroke for the Bears this season. The daughter of Peter and Doreen Egan, she is a freshman at Bridgewater, majoring in special education.

Rebecca is a graduate of Agawam High School, where she participated in gymnastics. She competed in the diving events for the Bears this season. The daughter of Michael and Barbara White, she is a senior at Bridgewater, majoring in psychology.

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"Group Nights" Offered For Spfld. Falcons Hockey Games

The Springfield Falcons, a professional hockey team, is pleased to announce **Group Nights** sponsored by the Agawam Parks & Recreation Department, to be held once a month through April of 2000.

On all dates, your Recreation Department will offer **ONE GREAT DISCOUNTED PRICE TICKET OF \$7** for either adults or kids, with **50 cents** of each ticket sold going back to your Recreation Department for other recreation activities!

The Recreation Department has tickets for all games available now, and they may be purchased at any time up to 24 hours prior to the game. Please call the Recreation Department at 821-0513 for more information.

Ed LaMagdelaine Elected Into Westfield State's Hall Of Fame

Ed LaMagdelaine, formerly of Holyoke and now a resident of Charlotte, North Carolina, was among five standout athletes and an administrator recently elected into the Westfield State College Athletics Hall of Fame. LaMagdelaine's wife, the former Ellen Case of Agawam, is a 1986 graduate of Westfield State College.

The sixth annual inductions will take place on Saturday, May 13th at Scanlon Banquet Hall on the Westfield State campus.

Ed "Butch" LaMagdelaine was a workhorse pitcher for the powerful Westfield State baseball teams of the late 1970s that posted an aggregate record of 119-43-1 and qualified for four NCAA Tournaments during his four years. He still holds school records for most games pitched in a season (15) and career (43), and most relief appearances in a season (11) and career (22). His career totals include a 21-7-1 pitching record, 103 strikeouts, and an earned run average below 3.00.

He also participated in intercollegiate volleyball for two years and was a standout in Westfield State's highly popular intramurals program, winning the Superstars competition during his freshman and sophomore years.

LaMagdelaine moved to North Carolina in 1991 and lives in Charlotte, where he is a sales, service and installation manager for US Environmental, a water purification company. He and his wife have an 11-year-old son, Shawn.

28th Annual Fly Fisherman's Workshop Slated For March 20th

The West Massachusetts Fly Fishermen will conduct their 28th annual Fly Fishermen's Workshop on Monday, March 20th, at the Polish-American Citizens' Club on East Street in Ludlow.

Special guest will be noted guide and fly fisherman Jack Smola, who will present a slide show commentary on fishing local waters and fly fishing for tarpon. The local streams to be shown are the Deerfield, Swift, and Farmington Rivers.

There will be displays by area tackle dealers and manufacturers, as well as fly-tying demos and a monster raffle.

The admission is \$5, with children under 12 years of age admitted free. Doors open at 7:00 p.m.

All proceeds go toward supporting our activities, which include free fly-tying classes for kids and adults. For more information, contact Bill Rose at 786-0195.

In Tri-Parish Bowling News...

St. Mary Takes The Lead After One Week Into Round 4

On Monday, February 28th, the fourth round of the Tri-Parish Bowling League started with all the teams going all or nothing. All four match-ups went 4 and 0 for the first time this season.

Leading the winning teams with the highest pinfall was St. Mary, who trounced Fordham (who had won the third round the previous week). Leading the victors were Don "Reb" Stitt with a 314 and sub anchor "Wild" Bill Aldrich. "Wild" was not, as he ran off a nice 332 series which included a 123 as a high single.

For the losers, not much went right. Jan "Steady" Fuller was not too steady, even rolling an opening 75. Tom "Thumb" Massotti tried to match that, but came up with a 74 second string. "Jolly" Olly Muldrew had a good night, running off a 132 single and a 354 series. His comeback is starting to tell.

Finishing second in pinfall, St. Louis beat Catholic University. Sub anchor Lance "Lightning" Poirier was the whole show for St. L. He ran a 139, 136, and 112 for a great 377 total. "Lightning" was on his way to a 400, but stumbled on the third string.

Three CU bowlers finished with series over 300: Jim "Jimbo" Lambert with 304, Frank "Buck" Cerpovich with 315, and Kathy "Big Cat" Burlingham with 313. She struggled all night but was intimidated by the "Lightning."

Holy Cross was third high in pinfall and took Boston College, 4-0. For BC, Roger "Rabbitt" Josephson had battery failure in his second string and recorded a lowly 83. He came back with a 117 third string to make the third string total close, but (again) BC came up one pin short. Ron "The Don" Menard ran off a third string 143, which won the third game and gave him a 360 series for the night.

Notre Dame, also a 4-0 winner, took all the points from Georgetown. Carrying ND was Barb "Barbie" Josephson, who turned anchor bowler and ran off a personal best 318 with a 110 high single. Flo "Rocky" Rochford had an off-night and needed the help. The second string was really rocky for "Rocky" — a lowly 76.

For G'Town, Debbie "Mighty" Poirier carried the team with a 315 series, but to no avail.

STANDINGS AS OF FEBRUARY 28TH:

St. Mary	4-0
St. Louis	4-0
Holy Cross	4-0
Notre Dame	4-0
Catholic University	0-4
Fordham	0-4
Boston College	0-4
Georgetown	0-4

* * * * *

"Tri-Parish Bowling News" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages every week...

* * * * *

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Daggett Hosts Nat'l Invitational Men's Gymnastics Meet

Patrick McFarlin of Longmeadow won three individual events and the All-Around scoring for the Class 1, 16-18 year-old age group at this past weekend's Tim Daggett National Invitational Men's Gymnastics Meet.

McFarlin is currently a senior at Longmeadow High and a member of the home club. His daily training helped him to take firsts on Floor Exercise, Pommel Horse, and Vault, scoring 9.2, 9.7, and 9.35, respectively, then taking first in the All-Around with a 52.95 total.

Twenty-six gyms and over 200 athletes competed in six skill levels. These were then further broken down into age groups. Other Daggett athletes competing in McFarlin's division included Zachary Rimler of Rockville, Connecticut in 15th place and Dan Messier from Feeding Hills in 20th in All-Around scoring. Jamey Houle, also of Longmeadow, took first place in Parallel Bars with a 9.0, but scratched on Floor, Vault, and High Bars due to injury.

R.J. Hefflin from Norfolk captured second place in the Class 2, 14-15 year-old group. His effort on Pommel Horse, scoring 9.2, and High Bar, with an 8.2, led the pack while his two 9.0 scores on Floor and Vault took seconds. Together, these helped add to 48.4, or second, in All-Around scoring.

Meanwhile, teammate Alan Parsons of Suffield won the Rings and Parallel Bars events, taking third on the Pommel Horse and fifth in All-Around.

In Class 3, ages 12-13, Daggett's athlete Michael Marino of Ellington, Connecticut took a first place on Vault and fourth in All-Around.

Daniel Liebowitz of Avon, Connecticut had a strong sixth place on Pommel Horse and consistent scores in other events to take seventh in All-Around. Mark Parzych from Springfield scored well in strong events Floor and Vault, scoring two 8.5's and two fourths.

In the 14 and older section, Drew Ignoto from Southwick gained first on Pommel Horse, second on Floor, and third in the All-Around with a 42.7 total. Alex Smith, another Suffield resident, took two seconds on Pommel and Parallel Bars, but scratched on Rings and High Bar.

In the Class 4, age 10-11 group, Mark's brother, Darren Parzych, tied for first in both Floor and Parallel Bars with an 8.3 and 7.6, respectively. This helped earn him a 45.45 point All-Around second place finish.

Class 5 competition included another younger brother, Eric Parsons, who also did well. Eric's 9.3 on Vault assured a win in this event, followed by third places in Floor and Rings to take home a fourth in All-Around.

Daggett's had young men competing in two of the Class 6 groups. In the 10-11 ages, Kyle Leverault had a third on the Parallel Bars with an 8.7 and scoring well in Floor, Rings, and Vault as well.

In the 7-9 group, with the largest number of competitors, Steven Lucia led his team with an 8.0 on Floor and Rings and an 8.6 on Vault. Kevin Dwyer had his best scores on Vault and Parallel Bars. Jessie Hiller did well on the Parallel Bars and Christopher Lucia showed a strong Vault.

Daggett's Gymnastics in Agawam attracts athletes to its gym from the surrounding communities thanks to its high level of coaching, most notably, Tim Daggett, the former Olympian.

A special guest of Tim's was Blaine Wilson, current four-time defending National Champion. Wilson was on hand to lend support to the athletes and to give autographs.

The annual event, commonly held at Springfield College, took place at their training facilities due to scheduling conflicts. But, as usual, the event was well managed with the support of parents of the Team Booster Club.

Turkey Shoots At Pioneer Valley Sportsman Club

Members of the Pioneer Valley Sportsman Club, Inc., located at 101 Sikes Avenue, West Springfield, are pleased to announce that turkey shoots will commence at the club on Sunday, March 12th, and will run for six weeks.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

Luke Dempsey Earns Award For Basketball At MacDuffie School

Agawam resident Luke Dempsey, a sophomore at The MacDuffie School, was named Most Improved Player for the boys' basketball team at the school's winter sports awards ceremony held on Thursday, March 2nd.

The boys' varsity basketball team set a new school record with seven wins for the season. The team advanced for the first time to the CISAC playoffs and semifinals, where the team was defeated by Watkinson.

The MacDuffie School, established in 1890, is an independent, co-educational college preparatory day school for students in grades six through 12.

Sign-Ups And Tryouts Slated For AHS Boys' Volleyball

Agawam High School boys' volleyball 2000 sign-up and tryouts will be held at the school's cafeteria on March 15th at 2:15 p.m.

Physicals are needed to play a spring sport if you have not participated in any sport in the fall or winter and will be conducted in the nurse's office on March 13th and 15th (mornings only). Physicals must be completed in order to try out and participate in practices.

Varsity tryouts and practices will begin on March 20th, 3:00-6:00 p.m.; March 21st, 3:00-6:00 p.m.; March 22nd, 3:00-6:00 p.m.; March 23rd, 4:00-6:00 p.m. and will be held every day except game days (weekends and holidays a possibility, but rare).

Junior varsity will practice earlier.



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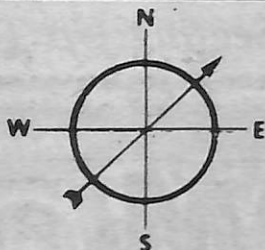
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HAPPY FEET DAY-CARE: Has full- and part-time openings. Robinson Park School area. License number 193177. Call Kris at 821-9684.

L.F.E. MECHANICAL CONTRACTOR: Plumbing, heating, gas-piping. Larry F. Eldridge, Jr. Feeding Hills. MA License No. 24500. (413) 786-6890.

GEORGE FARINA LANDSCAPING: Spring cleaning. Lawn mowing, tree work, flower planting, etc. Tel. 786-5658.

CAMP HOOCHEE COO-CHEE: Toner Plastics Factory Store & Factory Tours. Craft supplies at super pricing & great craft kits! Store hours Mon.-Fri., 10 a.m. - 5 p.m. 699 Silver St., Agawam. Please call 789-1300 to schedule a tour during the week.

THE STRAIN FAMILY EQUESTRIAN CENTER: Boarding, lessons, training, sales. Ponies for parties. Ask about our summer programs. 18 Vining Hill Road, Southwick, MA (located behind Big Y/Ames Plaza). (413) 569-5797.

JW HOME IMPROVEMENT: All phases of roofing & repair. Licensed & insured. Call John, 786-6754.

CIRILLO'S LANDSCAPING: Specializing in commercial and residential lawn care. Call today for spring clean-up. Free estimates. Call 786-7843.

ODYSSEY II HAIR STYLING: Community Shops Shopping Center, 1325 Springfield Street, Feeding Hills Center. (413) 789-4700. <http://ODYSSEY2.JURANET.NET>.

WANTED

HELP WANTED - LANDSCAPE LABORER: Top wages paid for experience. Will train right candidate. Valid driver's license and own transportation preferred, but not necessary. Become a member of a growing company. Curley's Lawn Service. 786-4622. Leave message.

HELP WANTED FOR SUMMER JOBS: Camp Director, Counselors, Aides, Lifeguards, Tennis Instructor. Call the Suffield Parks & Recreation Department, (860) 668-3862.

ATTENTION — WORK FROM HOME: \$500-\$2,500/mo. PT; \$3,000-\$7,000/mo. FT. Free booklet. (413) 547-1097.

HELP WANTED — WAITSTAFF: Evenings and weekends. Must be able to carry 40 lb. banquet trays. Pd. breaks, free meals & benefits. Will train. Call Chez Josef, 786-0257.

HELP WANTED — COOKS/KITCHEN PREP: Hot or cold prep. work with Chef Marcel, one of the area's finest chefs. Homemakers' hours avail. & eve. and wknd. hrs., pd. breaks, free meals. 20-30 hrs. per week. Call Chez Josef, 786-0257.

HOUSEKEEPER WANTED: 16-20 hrs/wk. Weekday afternoons. Cleaning, laundry, groceries, pick-up children from school (ages 12 and 13), drive to appointments, start dinner. Must have own car. Pay depends on experience. Mileage at the going rate. Potential for benefits. Character references, driving and background check. No smoking, drinking or drugs. 860-668-6476.

HELP WANTED — WAITSTAFF OPENING: At Crestview Country Club, Agawam. Great opportunity to work at a private country club. Full-time, part-time, flexible hours. Please call at 786-2593 between 10:30 a.m. and 7:30 p.m.

PERSONAL

PERSONAL: Please pray for the following intentions per request by the Blessed Mother. Offer your Rosaries for an end to partial-birth abortion. Pray 5 Hail Marys daily for the conversion of the youth. Pray the Rosary for the missing children. Thank you.

THANK YOU ST. JUDE
For prayers answered.
A.C.

FOR RENT

APARTMENT FOR RENT: Agawam — 1 BDR rental. Phone 821-0148.

FOR RENT: F.H. sec. 3 room apt., 1st floor, stove & frig. included. \$600 month. Avail. March 16th. Call 733-2371 or 736-5113 for an appointment.

* * *

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